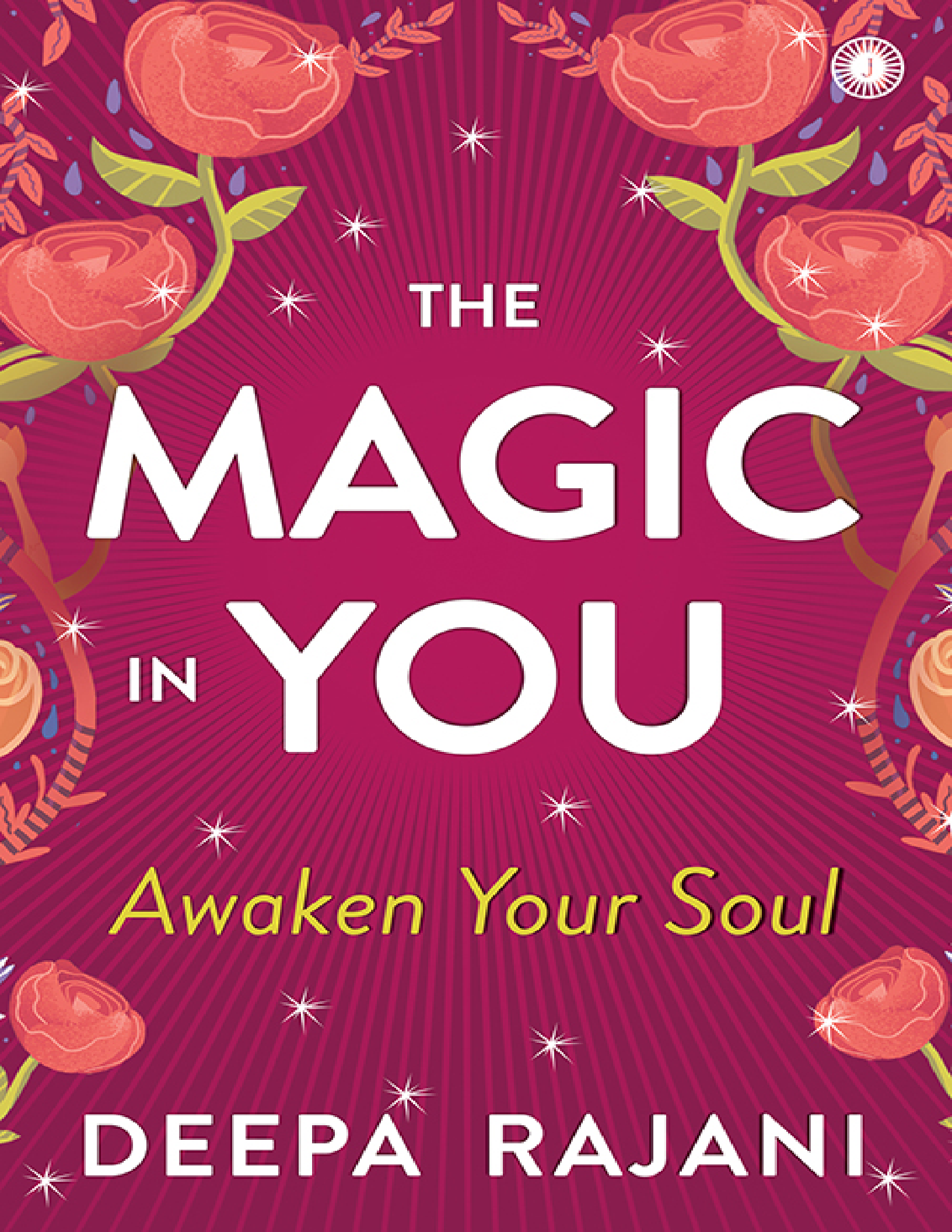
THE
MAGIC
IN YOU
Awaken Your Soul
DEEPA RAJANI

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The magic begins
when your soul awakens...

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ACKNOWLEDGEMENTS

Life is magical when you become the creator, and heaven becomes a place on earth when you can
love the life you create.

A heartfelt gratitude to the Creator who we call 'God', for being my guide and helping me write this empowering book. I hope everyone who reads it feels the magic, learns to converse with God and is divinely guided to live the life they have always dreamt of.

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Also, lastly, thank you to the various life lessons, incidents and all the synchronicities along the way that helped me realise that 'magic' truly exists, and for making me believe in, and experience miracles every day of my life.

PREFACE

Thank you, God, for the knowledge and wisdom you have given me for this book.

My diary notes from April 2017:

Today, I learnt a very valuable lesson. I learnt how to detach myself from material things. My Sai Baba showed me how.

I was attending a very dear friend's son's wedding. The reception was at the city's lavish Taj Land's End Ballroom. Beautifully decorated hall, the newlyweds so much in love... God bless them always. Friends and family joyously chatting away...

Like all big, fat Indian weddings, lots of people were dressed in their finest jewellery, looking pretty as ever. I was also one of them. In a beautifully-draped blue-and-gold sari and my finest jewellery, I was dancing along with the others and enjoying the music. In the early hours of the morning, just as we were ready to finally leave, I suddenly realised that the solitaire diamond from the ring I was wearing was missing.

I was shocked. I told my husband and a few friends around me about it. We were all on the dance floor. We started looking for it and made an announcement as it was a pretty expensive piece of jewellery. I was really embarrassed as I am a jewellery designer myself, and I had got the ring set on my own. We all kept looking for it everywhere, in the restroom, in the hall, in the garbage bin, beneath tables. But it was nowhere to be found.

Having looked for it in vain, I now was a little anxious. All through the search process, I tried to stay calm and kept asking God, "What is it you want me to learn from this?"

Very disappointed at not having found it, we finally left. I made up my mind to practise what I preached. I refused to be negative and kept saying to myself, "It is mine and it will come back to me." Anyone who saw the thickly-carpeted banquet

hall strewn with garbage and crystals from the decoration that day and heard me affirming that I would find it would have thought I was going cuckoo.

The next day my husband and father-in-law went back to the hotel to look for it but had no luck. I was calm throughout this and I asked again, "God, what do you want me to learn from this?" And the answer was "detachment". It was an intuitive message I received, and it was quite straightforward. So, I realised that I would have to detach from that solitaire if I had to learn anything.

Some people have the privilege of owning beautiful clothes, really expensive jewellery, cars and other luxuries. But where do these things feature in the bigger picture of life? We are meant to enjoy these things as long as we have them. Why do we get attached to them? I said to myself, "My kids, my husband and my family are here, safe and sound with me. God is taking care of us. This is what truly matters to me". I looked at the bigger picture. At the end of the day, it was only a piece of stone.

And here was God trying to teach me detachment. So, it meant, "If it truly belongs to me it will come back to me and if not, God has something better in store for me." I just had to stop worrying about it and trust God, keeping in mind His mysterious ways of teaching us lessons and showing us the way.

I said, "Today, I will use the power of my mind," and I prayed—"God, the solitaire belongs to me, and in ways I know not of, you are returning it to me." I affirmed this to myself every time the thought of the diamond came to my mind. I said these words because the manager, the security at the hotel and all present had said it seemed quite impossible to find it now, as they had cleaned the entire place and really looked for it everywhere. But I kept stubbornly conversing, saying the above words to my Sai Baba, and of course to Dr Joseph Murphy, and all the other angels around me, whose divine teachings had changed my life.

I kept on affirming to myself, "The solitaire is mine and it will come back to me." I truly believed in this, but I simultaneously detached myself from the outcome, knowing whatever happens will be for my greater good. I got another intuitive message—"Go thy way; thy ring will come to you."

The next day was a Sunday. I had a yoga lecture early in the morning. While I was practising my postures and breathing, my mind was naturally on the missing solitaire. I kept affirming the above two statements. I refused to talk to anyone about the loss, as I didn't want to give it any negative vibrations.

Later in the day, I sat in silence and I visualized my solitaire back in my hands, and the sense of joy I would feel when it came to me. I went a step further and saw myself excitedly telling all my friends that I had found it. I did this till in my heart, I was actually happy, relaxed and convinced. I did all the steps of visualization as well as I possibly could. Later that day, I was taking a nap and my phone rang. It was my friend calling me to give the good news.

My solitaire really had been found!

I had tears of joy in my eyes. Yes, I had found the solitaire, but more importantly, what I had believed in with all my heart, had come true. God had spoken to me and told me, "As you shall believe, so you shall receive". The groom's friend's mother, had found it on the floor while dancing barefoot. She had put it into the pocket of her son's jacket, not knowing whether it was real or not, or who it belonged to. He was not even aware of it at the time his mother put it in.

Two days later, when his mother and he were having a conversation about the wedding, he happened to tell her about my ring, and she asked him if he had returned what she had put in his pocket. He had no memory of it. They both ran to get the jacket and there in the pocket was my missing solitaire. They sent a video to my friend, and she was so excited when she called me that she could hardly contain her joy.

When I heard that they had found it, I was overjoyed too. Yes, having the solitaire back meant a lot, but clearing all my doubts about the mysterious ways in which God works meant even more. I now had complete faith that God's love is shining down on us at all times, and no matter how impossible the situation seems, when you believe in MIRACLES, God has no choice but to make MAGIC happen.

The objective of this book is to help each and every one who reads it to understand the power of one's thoughts and beliefs. What your mind perceives to be true will come into your reality. My solitaire was back in my hands against all odds. In ways I know not of, God gave it back to me, because I was convinced it was mine, and it belonged to me, and my belief in miracles saved the day.

The solitaire could have been found and slyly pocketed by anyone at the party—there were so many people. Or else, it could have just landed in the trash can, but it was meant to have been found by dear Poonam, to find its way back to me. My angel in disguise had to have been dancing barefooted, poked by the solitaire,

found it, and given it back to me. May you be blessed always, dear Poonam. Thank you with all my heart.

> Be careful what you wish for…
> It just might come true.

Now the main question. Why did all this drama happen?

If it had to come back to me, why did it fall in the first place? So, let's go back a little to the time before the solitaire fell off that night. Earlier that very day, I was asking God to give me clarity.

I was writing this book but was still a little unsure if I should be doing it. After all, I had never written before! The task ahead seemed too monumental.

I felt a little shaky and overwhelmed by the project I had undertaken. I also realised that besides attempting writing for the very first time, I had never bared my heart in public before! But I realised that for my book to appeal to readers, I had to speak from the heart and not the mind.

Not sure of being able to do that, I asked, "God, am I supposed to write this book? Is it my life's purpose to make others believe in their own power? Is it my job to show people just how powerful they are? Or am I just thinking too much into it?"

The nagging thought in my head was, "What if I've just gotten carried away? Should I still prepare myself more? Is this a subject that I should be writing about? There are so many authors
who have already shared their thoughts on this subject. Should I quit?"

"Please God, give me a 'loud and clear' answer if you want me to do this." My request to God was for an absolutely specific answer which I could understand. I desperately needed to know whether what I was writing and the message I was trying to spread to the world was what my life's purpose was all about!

And then this solitaire episode happened! Oh God! The universe doesn't get louder than this. My solitaire coming back to me against all odds was miraculous.

If something comes back to you against all odds, please see the blessing in it. Feel gratitude for it and acknowledge God's answer. I got my answer within two days.

This is my life's purpose. This is what my journey is about. God wants me to help as many people as I can, to find the power that is within them, so that they can lead happier and more fulfilling lives.

I am now convinced that I am divinely guided, divinely blessed, and divinely inspired to write this book. And I pray, every person who reads it can feel the power within him/her. I wish and pray with all my heart that every soul is able to find and believe in the magic within him/her. This entire incident taught me a couple of things:

That, if we ask God to guide us, He will find a way to do so.

That, our faith has to be bigger than our fears.

That, we have to master the art of 'detached attachment' with all that we have in our life.

That, when we see the bigger picture, we will gain perspective on what is truly important.

This incident became the 'medium for the message'. Once I was convinced that I could make things happen, I was eligible to share with others what I had learned. God found a way to let me know, and somehow I learnt to see every lesson as a blessing.

Despite my nagging thoughts then and the knowledge that there might be other accomplished writers who have already walked this path, I knew that I was still meant to write this one. Looking back, I can humbly say that I had not chosen this book. It had chosen me.

Thank you, God, for letting me witness the mysterious ways in which you work, and reaffirming my faith.

"[I]f you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you."

–Jesus Christ
Matthew 17: 20, New King James Version

1

SETTING OUT ON THE MAGICAL JOURNEY

1

GOOD MORNING

"It's important to remember that we all have magic inside us."
–JK Rowling

MAGIC!

One of my favourite words. A word I wish for others and myself all the time. A word I used to think only belonged to stage shows and fairytales. That is, until I realised that I could use it for myself—to change, manifest and make anything possible.

A word that pushed me to do what I hadn't done before—become an author.

Magic. The reason this book landed in your hands. "Magic is only sleight of hand", "Magic is make-believe", "Magic is for kids", "Manifest what I want? That's impossible!"

I can almost hear your thoughts. I would have reacted similarly had I not truly experienced it.

But yes, magic is possible. You are magical…

Good morning, people!
Wake up...
It's a new day, with a fresh start!
A magical beginning...
Because today you begin to awaken your soul, today you begin to see, feel and understand the true power within you.

Today you start a new way of living. The life you always dreamed of is here for you now.

You have taken the first step of this magical journey, to discover your true potential, to discover the magic in you.

You will learn about the power that is you.

There is a reason why you are reading this book today. Nothing in life happens just like that. Everything in our lives always has a purpose.

Your life is a fascinating synchronization of events orchestrated perfectly, even when it seems like it's all a mess. And today you discover that it can all be created and planned by no one else but you!

For starters, we need to understand that all of us are here with a purpose, with lessons to be learnt, and emotions to be experienced.

We all believe in a higher power that created us, that guides us, leads us and shows us the way to live. This is a higher power that you know of but the connection to whom you may have unplugged. Today, this book plugs you back to the source of all your supply by connecting you with the divine wisdom within you. Inside you lies dormant a power so strong that it can move mountains, heal incurable diseases and bring to you everything you ever dreamed of.

This power within you is the magic you need to learn to tap into to make all your dreams come true.

Even after the umbilical cord is cut, we are connected to our mothers for life. As a mother now, I can say this with twice the belief. No matter where my daughters are, or what they are doing, I just 'know'. If one of them has thought strongly about me while at school, I sense it.

Similarly, we are connected to our Creator throughout our lives, and it is just about recognising that presence and voice in our lives.

One of the most important things to learn is to recognise His presence in our daily lives through the small blessings, the unexpected coincidences that happen or the ideas or solutions that just pop into your heads. You need to understand that these are just some of the ways in which God, your Creator, your true parent, speaks to you.

Once we reconnect with our Creator, we begin to see the magic; we begin to see divine timing, divine guidance and divine action at work in our lives. We start moving in sync with a tune that only we can hear.

Like the music from Lord Krishna's flute, we are drawn to the magic meant for us. The divine plan meant for each one of us draws up our road map and we begin living the life which is aligned to our true purpose.

In the pages ahead, you are about to discover some of the ways of starting to notice glimpses of this divine plan so that you can attune yourself to your soul's song.

Once you start listening to your inner calling and understanding how much power you wield over your own destiny, you will begin to work magic in your own life. You will stop blaming others or feeling like a victim of circumstances. Instead, you will be the hero of your own journey.

You will unearth a power that has always lived within you, but one you have forgotten to use.

This book is about my journey when I discovered my true power. Learning and understanding this power within me changed me, my thinking and my life. I felt awakened. I felt more alive than ever before. I felt like I was born again. Well, I simply felt magical.

I hadn't written ever before, but I was compelled to tell my story. It was a burning desire to share my knowledge and what I had discovered with the world. The higher power compelled me to write. Believe me, I tried to ignore it, but I was pushed and given signs. It was as if the universe was orchestrating everything around me to tell me that I had to do this until I went ahead and followed what was meant to be my true purpose. I realised that what I had learned was not just for me alone. My journey and experiences were meant to be shared. It was meant to be written about, for you and many others, to awaken the magic within you.

The right knowledge and the appropriate wisdom come at the perfect time, and now is the time that you awaken this power within you.

We are spiritual beings. This is something that I have learnt as I progressed on this path of discovery. We are a lot more than our physical bodies. Although unseen, our minds and inner beings are as real as our physical bodies. They are the true creators of what comes into our physical lives. If tapped into correctly, they can help us achieve anything we want.

I want more people to realise that all of us are spiritual beings having a physical experience. I want every soul who reads this book to come to terms with the limitless being that he/she is, and I want everyone to find their true power, so that each of us can live a life here on earth more joyfully and happily. Our journeys are different but we are heading in the same direction, that is, towards our true home, to the higher source, our Creator, who we call God.

This is the reason this book started getting written, and now you have it in your hands. This book is a journey towards a magical new beginning.

The Jewish mystic tradition Kabbalah holds
that people who know HOW, CAN
manifest their WILL in the world.

2

TODAY, I CHOOSE...

"The world exists as you perceive it. It is not what you see, but how you see it. It is not what you hear, but how you hear it. It is not what you feel, but how you feel it."

–*Rumi,* The Book of Love

Like photographers who capture the same moment from different angles, each one of us views this world through our unique personal lens.

We all believe in a higher power, whether we call him God, Allah, Bhagwan, Jesus, The One or something else. We all believe we are His children, and that when we die, we will all go back to Him. That makes this Divine Being our true parent.

Now, we all also know that no parent leaves their kids alone to face the world; they are always there to guide and show the way. In the same way our true parent is always by our side, guiding us and showing us the way.

Just as we get our genes, looks and even inherent traits from our parents, we have also inherited the qualities of God. And as a parent, He has given us the gift of free will so that we can decide how we choose to use this power within us.

As you read this, take a deep breath and empower yourself:

Today, I am the one with the power.
Today, I am the creator of my destiny.
Today, I awaken to these truths and take charge of my life.
Today, I have the power to heal myself.
Today, I choose to create heaven for myself.

Today, I choose love.
Today, I choose to become my highest self.

You may not feel the truth in these statements right now, but by the time you finish reading this book, as you begin to experience your own truths through these very words, you will own them, and carry them with you wherever you go.

From personal experience, I have seen that one never changes by just deciding to change. But when life throws us a challenge or obstacles hinder our path, slowing us down long enough, we sit up and realise that it is time to bring in some positive changes.

Each of us is the 'hero' of our own individual journey. We will come across villains, demons, obstacles and trials by fire. If we keep feeling like victims, we will be passive receivers and only find different people and situations to blame.

Every obstacle and challenge in life is a lesson in disguise. Like in the movies, the biggest conflict the hero faces in life leads to his/her greatest triumph.

Heartache, family splits, betrayal, loss, grief—who hasn't faced at least one of these? There is something to be learnt from every trial we face in our lives. And when we have imbibed the lesson we are meant to, the obstacle is removed. This knowledge is very important as we go through life.

Every experience, whether good or bad, is trying to teach us something. When we have good times, God wants us to stop and appreciate them, to feel gratitude for having them in our lives.

When we are faced with a difficult situation, instead of being frustrated and crying out "Why me??!!" God wants us to reflect and learn the lessons hidden in that challenge.

So, when you're feeling stuck, just ask "God, what do you want me to learn from this?"

This will help us face the challenges better and we may actually find the right solution because we are asking for guidance by connecting to our higher power.

We need to understand that this superpower that we call God created us and that we are all connected to Him at all times. He has given us something called freedom or free will—a mind to make our own choices, to create our own lives.

Until now, you have been going through life accepting whatever came your way —health, happiness, tough times, good times, believing this is your destiny. We often hear—"It is all destiny or fate... it is written in my stars... I don't have a choice, this is the life God has chosen for me."

Yes, maybe a certain path is chosen for you, but how you tread on it is certainly your choice. You have never stopped to question or wonder why a particular incident occurs. You have always gone with the flow, feeling almost like a victim of circumstances. Not for a moment have you realised that you can create your own life and turn any challenge into a victory.

Your life is always about the choices you make and no one but you are responsible for them. Even if you are being controlled by people or circumstances, at the end of it, the final choice is always your own. This is the free will God has given you.

The power to create the life you want has always and will always be in your hands. This is the magic you need to discover today.

> You can have a completely different life if you choose to.

Remind yourself—Life is a journey meant to be lived one day at a time. I am the writer and the director, so starting today, let me choose to make all my dreams come true.

Affirmations are positive statements that you can use when the reality of your life doesn't let you focus on what is truly possible.

When you feel that a situation is very negative and you urgently need to shift your focus, affirmations will help you raise your vibration and reach the frequency of what you wish to manifest.

Affirmations are the best way to prevent a negative thought from going further and becoming a negative manifestation.

AFFIRMATION

TODAY
I CHOOSE
TO LIVE
DIFFERENTLY.
TODAY
I BEGIN TO
CREATE
MY DESTINY.

3

BEING UNIQUE

"Nobody is superior, nobody is inferior, but nobody is equal either. People are simply unique, incomparable. You are you, and I am I."

–Osho

You are unique on this planet, just like everyone else.

It's funny but think about it. We want to stand out, but we also want to fit in. We don't want to be left out of all the fun. So, we queue up for the Justin Bieber concert, shelling out a lot of money, though we could have spent it on something better. We follow the latest trends in fashion, jewellery and cars like everyone else, and yet we hope we will be noticed for being different.

Growing up, I was pulled in two different directions constantly. I knew deep within that I was not like other girls my age. I was intelligent and I loved to read. But I knew nothing about fashion or make-up and I always felt awkward around people. Somehow, regular conversations with people did not interest me and idle gossip always seemed like a waste of time.

What is going on in someone else's life? Who is a particular celebrity dating? Which country is fighting for what? These were things I hardly cared about.

My questions were already different. I was always busy wondering, "What am I doing here? Why are we born? What is our purpose here? Why is it that some have so much while some others so little? Why does somebody get sick? When money is just paper, and created by us, why can't we all have it? Why do people have to die of hunger when there is so much surplus food on this planet? Why is God doing this?"

These were a few things constantly playing on my mind that I really wanted answers to.

I was always a fragile child, and I kept falling sick with strange illnesses. I got glasses at a very young age. I was unsure about most things. I guess I was just fearful of life.

Don't we all go through our stages of awkwardness? Some of us hide it by being introverts, some of us unleash our insecurities by bullying others. Each has his/her own way of handling moments of discomfort, but deep down we're all battling the same demons.

I didn't realise at that time what all of this meant. I always wondered why I felt this way and why I couldn't just be like others. Today, I know that being different doesn't make you strange; it just makes you unique.

But more importantly, I realised that irrespective of who we are, we all have fears, insecurities and vulnerabilities that we learn to mask in front of others.

I didn't know then what caused my fears or ways of thinking, but what I do know today is that my thoughts and fears were creating all the challenges in my life.

Not being able to see clearly is almost always a sign that you are afraid of life. It could also be that because you don't like what you see, you want to see less of it. When you are fearful internally, you tend to attract illnesses as your immune system is always in 'attack' or 'stress' mode. Similarly, if you are a sensitive person, you are likely to have sensitive skin or allergies.

So, if you are a person who has a lot of fears, you need to release them or you will often find yourself unwell or uncomfortable, which is what I learnt after a lot of bumps, falls and recoveries that life threw at me.

> The Divine sends us help in various forms when we need it the most.

It's just that we don't often notice it. For me, it was my friend Ketan. I met him in college and he was one of the first people who helped me understand myself a little better, and acknowledge the fact that it is okay to be different. He saw

through my facade and recognised the real, frightened me. He helped me gain confidence, overcome my fears, and realise that I can do anything I choose to if I just let go of my doubts.

I still remember how nervous I was when, for the first time in college, I went up on stage for a Speech and Drama contest. I used to shudder at the thought of being the centre of attention but he gave me the confidence to do it. It is only now, after almost 20 years, that I realise how he empowered me to overcome my anxiety.

I know that it was because of his support that I could actually go up on stage that very first time. This act in a way also meant that I was ready to face the world. I am grateful to have had a friend like him who guides me to this day.

Each of us encounters such 'angels' in life. They appear in the forms of classmates, cousins, strangers on a flight or even in books, and pets. They remind us of the light within us when we forget to shine. Always pay attention to these silent angels. Becoming aware of them will help you understand how they guide you and in turn follow your path better. There are God-sent angels every step of the way. It's up to us to tune in to their presence.

I got married a few years after college. Like all marriages, ours has had its fair share of hiccups. But, I am also very grateful for a wonderful and supportive husband who has let me be the person I wanted to be. He has let me grow the way I wanted to and has even put up with my unusual ways of thinking even when he did not agree with them. I am truly grateful to him for being a pillar of support and for walking this path with me. I have two beautiful daughters, 18-year-old Saniya and 12-year-old Diara, who are my two angels on earth.

Life is magical as you watch your children grow and turn into beautiful souls with your care and guidance. I have had amazing friends and a supportive family. I am financially secure. So, I can say that I truly have everything one can possibly want from life. I've been blessed.

But in those days, I kept feeling something was still missing! I asked myself —"What more do I want? What is it that I am seeking?" I felt lost, unhealthy and miserable and I could not understand why! What was the cause of my misery?

I truly didn't understand why I was unhappy or why I had this sick feeling in my stomach all the time. Why was I so fearful? Why did I feel that every person around me is full of faults? Why was my life not as perfect as everyone else's? Why was it that everyone other than me seemed happy all the time? What did I lack?

Hahaha! Do I sound like you? I can laugh today because I know better. After all, I have walked down that road and then found what I was looking for. Have you?

The realisation that hit me hard was that I was often unwell because of a lot of negative and critical thoughts, fears and high expectations that I had from others as well as myself. I was unaware that these thoughts were causing my ill health. Life is never perfect, but sometimes we give so much importance and significance to the smaller issues in life that we completely forget to be grateful for all the bigger blessings we have.

Sometimes we reach a point in life where we ask ourselves—"I feel this emptiness...why is there a void? I feel the need to fill this void. Why am I not happy? What is it that I am looking for? When was the last time I felt truly happy?"

Have you ever felt like this? What did you do about it? Did you start looking for answers or did you just ignore the feeling till it faded into the background?

I did the latter until I was pushed to the brink.

When you realise that you have no choice but to sit up and take notice, you begin to find ways to shift something to create a happier life.

"I think every person has their own identity and beauty. Everyone being different is what is really beautiful. If we were all the same, it would be boring."

–Tila Tequila, television and social media personality

AFFIRMATION

I AM
UNIQUE
AND
I LOVE
THE WAY
I AM.

4

DIVINE TIMING

"When the student is ready, the teacher appears."

This Buddhist saying reminds us that when we are open and willing, what is needed for our growth arrives. My teachers came in the form of various books, life incidents and some beautiful people.

Turning to spirituality at a young age can often be looked down upon. Comments such as "All this is for the elders. It's your time to party now," are constantly thrown at you.

After Ketan, it was now time for me to meet the next significant angel in my life. Being absolutely lost, and finding it difficult to understand the cause of my emptiness, I started looking for answers, and that is when I met my second angel, Sister BK Shivani from the Brahma Kumaris.

My mother introduced me to this remarkable spiritual speaker. I am sure a lot of Indians know of her, and have heard her on the show *Awakening with Brahma Kumaris* on the Peace of Mind TV channel.

Meeting this beautiful, wise, enlightened being was an honour and a life-changing experience. I was absolutely mesmerized by her talk. In those one and a half hours that I sat in the audience, I felt a shift within me. It was quite literally an awakening. Her outlook and her approach to life and everyday situations were explained so simply and beautifully that I sincerely began practising what she preached. Listening to her was so inspiring that I actually bought compact discs on all the topics she had spoken about. I heard all the lectures on soul connections, anger management and emotional quotient and I believe, this is when the change began.

I actually started feeling good. I probably hadn't felt like this in weeks or months.

I started to understand myself and the people around me better. She gave wonderful insights on how your thoughts shape your life, and how, by making a

few simple changes, life can become beautiful instead of fearful.

The lectures made me feel better. It was like seeing life from a totally new perspective. It was a new beginning and it was beautiful. Now there was no turning back. The word 'awakening' may sound like an exaggeration, but I did feel as if I was being woken up from a deep slumber. The wisdom and knowledge I gained were so empowering that I was hungry for more. That is when my cousin gave me self-help books like Ruzbeh N. Bharucha's *The Fakir* and Louise Hay's *You Can Heal Your Life* to read. These and a few others made my life magical.

Louise Hay introduced me to the concept of how the unease in our minds creates dis-ease in our bodies. This perspective made me realise how my fears and negative thinking were responsible for my illnesses. This explained why some people go through life being sick most of the time, while others sail through life with perfect health.

I realised that while people living in huts and unhygienic conditions are seldom sick, those living largely comfortable lives fall ill at the drop of a hat.

This is only because one's thoughts create a health situation more than the environment one lives in and this in turn led me to the following idea:

> You are what you think about all day long.

Imprint this in your subconscious and you will never want to have another negative thought cross your mind! This awareness left me smiling. Now I could help myself get back to good health. I could begin to Heal My Life!

Having discovered this new way of thinking and looking at things, I finally felt happy. I felt as if I had at last found an anchor in my life. I felt that I had found what I was looking for.

But then life is unpredictable and a fresh obstacle race began, making me once again feel lost.

> "When you let go and trust God, things happen in a way you couldn't have planned, sometimes you just have to release worry and hold onto faith, it'll happen how it's supposed to happen and

exactly when it's supposed to happen, I call it DIVINE TIMING…"

–Tony Gaskins, motivational speaker

AFFIRMATION

I AM ALWAYS IN THE
RIGHT PLACE
AT THE
RIGHT TIME
FOR THE UNFOLDING
OF MY PLANS,
DREAMS AND DESIRES.
EVERYTHING IN
MY LIFE IS
OCCURRING AS PER
DIVINE TIMING.

5

SEEING DIFFERENTLY

"Perspective is everything when you are experiencing the challenges of life."
–Joni Eareckson Tada, author

After my second baby, I faced severe digestive disorders. I had no idea what was wrong with me, but every meal I ate was difficult to digest to the extent that going out became a problem because of constant bloating and discomfort. I went to a few doctors who put me on laxatives but they could not figure out what the problem was.

But God was there to help me because I prayed ardently.

I had to go in for an endoscopy for a problem in my throat, and that is when the doctor discovered that I had coeliac, i.e., gluten intolerance. It is an autoimmune disease where your body cannot digest wheat and wheat-based foods. So, if you do eat it your body starts fighting it, treating it as an enemy. Now I finally knew what was wrong with me but it was a complete shocker because the only cure was to go off wheat, refined flour and any other wheat-based product completely.

People who know me well know about my love for food. Looking at me you may not think so but I am a complete foodie. But here I was being told that I could not eat any of my favourite foods like samosas, pizzas, burgers, cakes, pastries and biscuits because they are all made with flour. I was in a state of shock and didn't know what to do. But my health was so poor at the time that I didn't have a choice but to try and change my eating habits. It took me a really long time to understand my body and slowly face this challenge and overcome it.

Just as I was trying to come to terms with my own health issues, my younger daughter started suffering from a liver problem. She was losing a lot of weight and wasn't eating well at all. My worst fears had come true—my daughter was also diagnosed with the same gluten intolerance and it had in turn affected her liver.

Out of nowhere, a hale and hearty child was suddenly unwell and even the doctors took a while to diagnose the real problem. It was an autoimmune liver disease.

What do you do when it is your own body that is causing harm to you? This beautiful, complex body of ours functions so perfectly that until something goes wrong we do not realise how magically it works; with no help from us, our heart beats every second and the food we eat gets digested. But, we take it all for granted —until something behaves abnormally and we are forced to pay attention.

Having no clue about how a perfectly-functioning system can suddenly go haywire, I felt completely lost again.

When you don't understand why everything is going topsy-turvy and you're suddenly battling unknown challenges, all you want to do is scream and ask God, "WHY ME?"

When even the doctors you meet cannot give you answers as to why a certain problem is happening, you begin to wonder how these issues came your way and why they are happening to you! Is it your destiny? Were you destined to go through this? Are these the result of bad karma from another life?

Not knowing the answers, I turned to my books for divine guidance. One of the books that really helped me overcome my fears and heal my daughter was Joseph Murphy's *The Power of Your Subconscious Mind*. It was divine intervention.

> Every cell in your body has divine intelligence. What you think is what you will feel in your body.
>
> –The Power of Your Subconscious Mind

Every cell in our body responds to thoughts we have in our mind, and that is what manifests as health or disease in our body.

Louise Hay's book *You Can Heal Your Life* actually lists the diseases caused by different kinds of negative thinking, and gives you beautiful affirmations to retrain your mind towards a more positive way of thinking in order to help heal yourself.

What I came to realise was that my fears, worries and anxiety were causing all these problems in my life.

So, as a result of my worries I guess I had manifested illness in my daughter's body as well. Was that even possible?

What I was trying to understand was whether what I was thinking and feeling in my mind was being manifested in my body as a real physical illness.

I turned to these beautiful God-sent books for light and I eventually came across and learned the true way to heal. It is called a 'holistic' way of healing where you don't just treat the symptoms of diseases but the person as a whole to get rid of the problem permanently.

The western medicines that we all take only treat our symptoms, dealing with every part as separate from each other, and often just suppressing the disease rather than curing it. You have within your body all that you need to heal. But sometimes you have to help yourself to heal by reprogramming your mind.

Constantly looking at the illness, talking about it and understanding it in detail were of no use to me. The more I tried to learn about her health issue, the worse it became. That is when while reading, I came across helpful advice—"You cannot solve a problem by looking at the problem, you have to look for the solution." Other encouraging words which helped raise my spirits were,"Treat every problem as a small dot, not as a mountain because to erase a dot is easy, but to climb a mountain is not."

So, whatever you think to be true about the problem or disease, you will attract. I feared it so much that I did receive the worst.

I forgot my own health concerns and focused all my attention on my six-year-old instead. Every challenge related to my daughter's health gave me a sinking feeling. I kept going on the Internet to understand the disease in detail as no doctor gave complete information. Doctors have patients waiting to see them and you cannot blame them if beyond prescribing medicines they don't tell you how to deal with things. They often don't tell you how to take care of the diet and nutrition, and this is important because medicines can cause side effects within you which you may not be prepared for.

That is when I realised you have to help yourself. No one but you can truly take care of your own health. A doctor can guide you and prescribe medicines but only you can heal yourself.

Until then, as a parent, I was going through the worst phase. But then I also realised that I was not alone and that all through this an invisible hand was

guiding me. God as a true parent was always trying to help me and now I had learnt to see and experience it. I changed my belief and finally surrendered to the divine power with a plea to show me the way.

"You can ask the universe for all the signs you want, but ultimately, we see what we want to see, when we're ready to see it."

–*How I Met Your Mother*, TV show

6

I SAW THE SIGNS

"I the Lord (your subconscious) will make myself known unto him in a vision or speak unto him in a dream."

–Bible 12:6

The signs of help were there even before but my fears wouldn't let me see them.

Take this for instance:

It was one of those days when I was forcing my daughter to take her medicines and she was just being very cranky and refusing them. I got angry and shouted at her and she started crying. The phone rang at that moment. Her paediatrician was on the line and asked, "Mrs Rajani, had you called me?"

I had definitely not called him that day but since he was on the line I asked him what I should do and he told me, "Please leave her alone. It's okay if she doesn't take her medicines one day. Don't upset her so much".

After I hung up, I was actually shocked. Even if I had called him, how often do our busy paediatricians call us back? And I was certain that I had not called him that day. But that call was a sign to let me know that things were fine. I had to stop forcing my daughter if I had to help her heal. It was also a sign that this is one of the ways God speaks to us. We just have to start paying attention.

After realising that my mind controls everything that happens in my life, and God is always by my side, and constantly guiding me, the magic truly began.

I understood that there was a lot to be learnt here.

The first step is asking God, "What do you want me to learn from this?"

So, I changed my approach to the challenge, or as I may call it, a lesson to learn. I started looking for what I want, not what I don't want. I started changing my thoughts about the problem. I used affirmations to change my mindset. Every time

I felt fearful, I reminded myself, "God is here with me, He is taking care of it all, and His love and light are healing Diara miraculously".

I needed to use the power within me to heal myself and my daughter. I stopped talking about it to anyone and I believed that God loved me and wanted only the best for me. I connected to the higher source that we have all come from and I believed in my heart that God wanted to heal us. I learnt that the tendency of life is to heal; our bodies were made to respond to our thoughts. Every cell in our bodies actually responds to what we are thinking. So, if I am going to fear the problem, I am going to make it worse.

I surrendered all my fears at the hands of the divine and asked this divine power to heal, because only God knows how to. I shifted my thoughts to accept the ultimate truth that God is here to help me and that I am not alone.

Sending an intention to the universe that "I am getting better", results in one-third of the healing. Within us is all the power we need to heal; we just have to harbour the right intentions and the right mindset that can cause the healing.

If I believe I will get better, the universe conspires to give me better health.

I prayed to this higher source of energy to heal my daughter.

I believed that God was my guide, every doctor I met was God's angel and that every minute of every day God was here healing my daughter. A doctor can only stitch the wound and prescribe medicines, but we already hold within us all that is needed to heal us. I started blessing the food she ate, the medicine she took, the doctors we met. I started believing that everything is a blessing in disguise.

The transformation that took place was magical. As I changed my thinking, everything changed. Diara started getting better. At that time, though she was only seven years old, she was so empowered with the knowledge that I shared with her that she used affirmations and the power within her to heal herself. She had complete faith that she is a part of her own healing. I have been truly blessed with magical healing. A heartfelt thank you to God for being my guide and leading me through the storm.

Telling a seven-year-old child to stop eating all of her favourite foods like cereals, cakes, pizzas, pastries or even chocolates wasn't easy. There were times she cried at birthday parties because she couldn't eat the cake, the pasta or the pizza. Believe me, it's God testing you. But I had divine help. My darling, my angel here on earth, Diara, has been the most understanding child one can ever come across.

She believes in the power of positive thinking, she believes that she is special and though she cannot have the cakes and cookies at the parties we go to, she does her own baking today. In fact, she now has 'Yummiez For Tummiez', her Facebook and Instagram pages, where she delightfully flaunts her culinary creations.

By the age of nine she could bake gluten-free cakes, pastries, waffles, churros, ice cream cones, bourbon biscuits and *jalebis*!

> God helps those who help themselves.

Diara has the sweetest friends. At every birthday party, they see to it that they specially order a gluten-free cake for her so that she can eat as well and not feel left out.

Diara has already decided she will be a baker. There is no disappointment in her; in fact, each time she bakes something new, she's extremely excited. This is how beautiful life can be if you just decide to overcome the challenge instead of being taken down by it.

If a little girl can empower herself to overcome the challenge faced by her and find magic by turning it into a blessing, I am sure we all can.

Today, from personal experience, I can say that I truly believe that we have the power to change any situation in our lives for the better. If only all of us knew this, our desired outcomes would show up magically.

In all situations, always visualise the outcome or result you want, and avoid thoughts of what you don't want. Always remember, you will attract into your life what you give the most attention to.

As long as I was giving attention to Diara's ill health, she didn't get better, but the minute I started focusing on her healing and visualised her as perfectly healthy, the change was astounding. In fact, her paediatrician actually said these words to me after looking at her reports: "Oh my God, this is magic!". I had actually visualised and affirmed this scenario. So when Dr Chital spoke these words, for me it was like God telling me, "Pay attention and believe that the magic is actually working."

Even her liver specialist, Dr Sanjeev Khanna, who has been very patient and understanding, and truly God's angel in healing Diara, looked at her and said "Wow, she's a miracle!".

Every challenge we face is actually a lesson we are supposed to learn, and we will keep experiencing the same situation until we learn from it. So, when things keep happening again and again in your life, always stop and ask "God, what do you want me to learn from this?" And rest assured, when you do learn the lesson, the problem will disappear.

The moment you change your old way of responding, a shift will happen and things will start changing. This will be the beginning to new things happening in your life. Even replacing the word 'problem' with 'challenge' or 'situation' can make a difference in your perception and how you deal with it.

You too can start altering your situations by replacing the words you use, the emotions you feel and the mindset with which you approach things. Be like that person in yoga class who goes "wow" instead of "owww" whenever a stretch feels painful, making everyone smile including herself in the process.

Or be like a child with lego blocks who can see endless possibilities even in pieces of plastic. You can either see them as plain blocks or perceive them as a crane, trains or castles.

"I exalt God in the midst of me, for God hath not given us the spirit of fear, but of POWER and of LOVE and of a SOUND MIND".

–Jesus Christ
2 Timothy 1:7 New King James Version

AFFIRMATION

THE
UNIVERSE
ALWAYS SENDS ME
SIGNS
THAT I CLEARLY
UNDERSTAND
AND ACT UPON.

7

KNOWING YOURSELF

"To know yourself as the Being underneath the thinker, the stillness underneath the mental noise, the love and joy underneath the pain, is freedom, salvation, enlightenment."

– *Eckhart Tolle,* The Power of Now

"Who am I?"

Do you ask yourself this question every once in a while?

It is a question that makes you pause and reflect about yourself and compels you to find answers.

Until my journey inwards well and truly began, this is how I would have introduced myself:

"I am Deepa Rajani. I am an Indian woman, married, with two kids." But is that the only me?

Or, was there more? Of course, this was just the outer layer.

Once my journey within began, my perspectives changed vastly. I came to realise that I was so much more than just this physical body. I was my mind, I was my soul and I was eternal.

When we talk about 'me', we are usually referring to our physical selves, religion, age, education, family status, professional position, and even our virtual lives. We identify ourselves with our LinkedIn profiles and we post about our likes and dislikes on Instagram and Pinterest. In short, we have reduced ourselves to 'Labels'!

In fact, people check our online status to know about our relationships, who we are currently friends with and even where we are traveling to this summer. Naturally, that's who people think we truly are.

This kind of image-building and identification were never heard of until even a few years ago. Today, even not having enough 'likes' on your post can be a cause for insecurity. But is this your true identity, and what happens if all of this is taken away? Who would you be beyond this?

What if there was no social media to measure yourself with and what if your real interactions with the real world were a measure of who you truly were—what would you actually be valued for? And more importantly, what would your authentic introduction be?

Let us try to seek the answer.

So, who are we?

We are all energy. This is something that one has to open up to. All matter on this earth is just a collation of different forms of energy, and that includes you, me, our friends, our possessions, the trees, the animals, the earth, the sun, the sky and the stars. All of it.

We are pure energy, an energy that is a part of GOD. Just as every cell in our body is a part of us, we are all parts of our Creator. Even science has agreed that all matter on earth is just energy in motion at different frequencies.

If things on earth are only different forms of energy, how can you and I be different? We may have different physical features, but at the core, we are one. Having understood this, how difficult can it be for us to connect with each other and live harmoniously?

We are all souls!

Once you start travelling within, you will discover that the real 'ME' is a divine spiritual entity—a soul made of immortal energy that may change form but never dies. Further, know that all your thoughts, feelings and emotions are also forms of energy which are creating the life you are living. When everything is but a function of energy, then whatever thoughts, words and actions you perform will yield results according to the laws of energy.

Then, even the rituals which you feel are just the result of silly superstition will actually make sense, because they are in sync with the same law. They are also energy.

I have now come to understand that this physical body is just an outer covering; the real me is an invisible energy that can be felt, but not seen. Also, my unseen

thoughts, feelings and emotions are what bring my desires into physical reality. This is how the unseen transforms into the seen.

This is when you will begin to understand the true meaning of life—that whatever you put your energy into will come into your life as a form of the same energy. So, if we give energy to love we will get love in our lives, and if we give energy to lack or criticism, that is what will come into our lives.

There is an inner being inside you that is separate from your physical body. We call it the soul, the 'Atman'.

When we die, they say the soul has left the body, leaving it lifeless. You never hear anyone say the soul has died, because soul is energy, and energy never dies; it only changes form.

Some of us stop and wonder—what then is the true meaning of life? Who am I? Why am I really here? Where am I going? Is this it?

It has been said that the questions remain the same. It is the answers that keep changing. As we evolve, our answers appear different. That's the way it should be. Each of us takes his/her own time and pace during the quest, and it really doesn't matter. This is not a competition. We are on our individual journeys with our unique life purposes.

The Hindu philosophy states 'Aham Brahmasmi', which means 'I am the Brahman' or 'I am the Infinite Reality'. Hindus believe that there is a God, a Creator within each one of us.

Once you understand that you truly are infinite and so is everyone around you, because you are inter-connected, and also that you are one with God, it is fascinating, beautiful and powerful, and your perception of reality starts changing. You realise that there is so much more to you than what meets the eye.

Then external labels—name, age, community, nationality and even gender—become just incidental to the real you and real me, which happen to be 'one' at the core anyway!

"Individually, we are one drop.
Together, we are an ocean."

–Ryunosuke Satoro, author

8

I AM ANOTHER YOU

"When you see the world around you as an extension of yourself, you will never again want to harm another soul. After all, each person is another you."

'In Lak'ech Ala K'in'—The living code of the heart

In the Mayan tradition, this is a greeting used when people meet each other. 'In Lak'ech Ala K'in' means "I am another you" or "I am you and you are me". It is a statement of unity and oneness.

Each time we acknowledge the other person as a mirror of ourselves, we automatically feel compassion and respect in that interaction. This is why almost all the ancient cultures gave as much honour to the sun, the moon, the trees, the animals and the birds as to each other.

It should come as no surprise that despite not functioning with currency these cultures thrived and prospered. No money, fancy cars, lavish houses or jewels but they had an intense connection to each other and to Mother Earth.

If we could simply remind ourselves of "I am another you", we would want to give love to every person we would meet. No longer would we care about their imperfections. Every action of ours would prod us to think of how to make someone else's life more beautiful and joyful. After all, what we do for another is indirectly being done for ourselves.

It might seem too idealistic just now. After all, we aren't enlightened souls like His Holiness The Dalai Lama. How can we feel compassionate and loving towards that annoying neighbour or that stubborn boss? It's almost impossible to even be kind when someone is just being nasty and horrible to you.

Truth be told, this is not like the movies where everything transforms in a moment. This is a journey and a process. There are days when everything falls into place, and days when the whole world seems to be conspiring against you.

The key is to keep reminding yourself to be on the path and trusting that the results will be magical.

Eventually, it will no longer be about what we are getting out of life but how we can do something for others.

When you understand how amazing it feels to give to another, the experience you receive will be one of overwhelming joy!

"When you and I are mirrors of each other, let me reflect warmth, joy and compassion because in your happiness is my fulfilment."

–Suhana Bhatia, screenwriter and editor

9

HAPPINESS

(IS AN INSIDE JOB)

"Happiness is an inside job...Don't assign anyone else that much power over your life."

–Mandy Hale, author

How many of us realise the truth in what our grandparents shared with us—"I came with nothing and I will go with nothing."

Billionaire businessmen, powerful political figures and celebrities who attracted all the money, fame and attention in the world left it empty-handed. A beauty like Marilyn Monroe, a genius like Steve Jobs, a legendary singer like Michael Jackson, a gifted and compassionate actor like Robin Williams—they all had to leave when it was their time. They couldn't pack anything with them, save the memories stored in their souls.

> Then why am I spending my entire life doing what holds no meaning?

"Happiness is not what you like, happiness is starting to like what you get…"

–Gaur Gopal Das, lifestyle coach

We are spending all our waking hours chasing money, hoarding things, judging others and working towards our perceptions of perfection, when in reality, all of this is actually unimportant!

When these celebrities were alive, so many might have admired and envied them, wishing they could be in their place instead. But now that they are gone and we read about their real lives, we change our minds. No one has a perfect life, not even them. What is highlighted by social media is usually made up to draw attention.

We often get busy posting things on social media to make our lives look enchanting, forgetting meanwhile to actually work on making it beautiful. Pause and think. Are you really here to earn lots of money, to be famous or be super successful? Or what you really want is to feel fulfilled and content; feel good, no matter what?

Yes, maybe you do want more money, but only if it can buy you all that can make you happy. Because, of what use is money or success if you cannot feel joyful?

How do certain people, even in the worst of circumstances, find happiness, while others, despite having the best, stay depressed? And then, what about that beggar on the street who wears a big smile on his face while people in fancy apartments with everything at their disposal seem anxious and full of worry?

> Is it Money? Fame? Success? Love? Family? Friends? Work? Leisure? Good looks? Talent?

If yes, then what pushed a seemingly happy, successful, wealthy and much-loved actor, Robin Williams, to the brink? He could have ticked every category in the list —a large and loving family, a successful career in Hollywood, fame and wealth. He was in good health and still working. Having everything going for him, he still took his own life, after having lived many years with chronic depression. He had everything, but the sadness within was unbearable.

Michael Jackson, a true legend, was loved by all. Whether he was 'black' or 'white' did not matter. He lived a larger- than-life existence. His shows sold out well in advance. But so unsatisfied was he with his life that he needed to turn to drugs. Finally, what did him in was an overdose of those very drugs.

Oprah Winfrey was born into poverty, molested as a child, an unwed mother at 14 who eventually lost her infant child. She was fired from her job as a reporter

because her boss told her she was unfit for TV. And yet, she went on to become not only the highest-ranked television anchor in history, but also the richest African American, North America's first black billionaire and the greatest black philanthropist of America. How? What made her shove every dark incident of her past into oblivion so that she could turn each adversity into a triumph?

We read about extremes every day. While some people cannot cope with the smallest setbacks, there are others who have successfully battled so-called incurable illnesses, climbed Mount Everest with disabilities and made it from the depths of failure to the pinnacles of success. All this, while retaining their humour, zest for life and indomitable spirit, which keep them emotionally charged through their worst storms.

The cricketer Yuvraj Singh, when asked about his successful fight against cancer during an interview with circleofcricket.com in 2017, said, "It was a long and tough journey, but now when I look back, it was a big learning lesson in my life. I learnt every day you have to live life. You hope for the best and be prepared for the worst. I'm a changed person. Earlier everything was about cricket and now, I look forward to life".

Arunima Sinha, the first female amputee to climb Mount Everest, in an interview with *India Today* in 2016 said, "I felt like throwing my arms in the air and screaming… I wanted to tell everyone that I'm on top of the world, especially to those people who thought a woman and an amputee couldn't do it. I took off my mask and screamed, and my sherpa just stared at me".

How did they do it?

The answer is simple. It's an inside job. Happiness is within you. Feeling the joy as you go through life and dealing with its daily successes and failures is the road to true happiness. "I will be happy when…", "I will be happy if…" can never bring you joy because if you are not happy while getting there, you can never truly be happy when you get there.

When life hands us lemons, some people curse them and throw them in the dustbin. Others make lemonade. Still others open a lemonade stall and make money out of even that!

We all will be given challenges, demons and obstacles to deal with. But, if we find our true purpose for living in the middle of it all, we will be able to discover

happiness. You do not have to go looking for happiness 'out there'; it is 'in here', in the middle of everyday things.

It is in the attitude you bring to every task of yours, in the assorted moments of craziness you share with friends and family, in the *sev puri* you eat on the pavement, even in the fever you come down with occasionally because you get to bunk school, college or work. It is you choosing to feel happy in whatever experience of goodness you get.

Happiness is an inside job. No money in the world can buy that for you because it is FREE!

"It is not how much we have, but how much we enjoy, that makes happiness."

–Charles Spurgeon, preacher

10

MONEY VS HAPPINESS

"There are people so poor, that the only thing they have is MONEY"

–Rodolfo Costa, author

"Uptown girl, she's been living in her uptown world", this song from the 80s was on the top of the charts and our playlists, and the video had girls and boys equally charmed. A backstreet guy trying to woo a fancy girl, confessing he can't afford to buy her pearls, but will give her what she's looking for—real love.

No amount of money can buy happiness. That doesn't mean you don't need money. However, don't lose your joy as you go through life trying to make your millions. In fact, try to go through life doing what you love, so that you can be happy and earn a good living for yourself, and eventually the millions will come automatically to you.

Life is a journey meant to be enjoyed one day at a time. The only thing that matters each day is 'how I live my *today*' and, more than that, 'how I live my *now*'.

Now is the most important part of your life because all the *now*s add up to yet another *today*, which is gone even before one realises.

If all your *now*s are meaningful and fulfilling, all your *today*s will be beautiful. If all your *today*s are beautiful, you would have led a rather wonderful life. Isn't that what we all really want? Since you aren't taking anything into the afterlife, does it matter what you leave behind? What matters is how you lived your life and the memories you left behind.

"Happiness cannot be travelled to, owned, earned, worn or consumed. Happiness is the spiritual experience of Living every minute with love, grace and gratitude…"

–Denis Waitley, writer and motivational speaker

Find meaning in everything that is there in your life, whether good or bad, and whatever happens in your life, understanding the reason behind it is the real truth of life which has to be discovered by you.

We all plan to live into our 90s and we hope that we'll at least make it into our 80s.

When I'm on my way out of the planet, all I'm going to think about is the ones I loved the most. I will look back one last time thinking, "Was I happy? Was I peaceful? Was I a good mother, wife, friend, daughter, sister? Did I succeed in playing all my roles effectively?"

I would hardly bother about my last bank statement or the collective properties I own. It will be about the connections I made on earth, not the collections.

What will your last thoughts be?

"The most beautiful things are not associated with money; they are memories and moments. If you don't celebrate those, they can pass you by."

–Alek Wek, model and designer

11

THOUGHTS AND HAPPINESS

"I think we like to complicate things, when it is really quite simple; Find what it is that makes you happy, and who it is that makes you happy and you're set. Promise."

Buzzzzzzzzz... Buzzzzzzz...

Bills! Fees to pay! Date with my sweetheart and nothing to wear! Traffic! Money! No money! Love! Relationships! Family! Corruption! Taxes!

The buzzing continues....

These are constant thoughts in our minds. We keep putting conditions on our happiness.

When we worry about tomorrow we waste the most precious thing of our lives —our present moments. Our true achievements in life are living joyously, abundantly, peacefully and in good health.

The two most precious gifts from God are our minds and our bodies. How much do we care for them? What is most important is often ignored. Why? Are we so foolish or so distracted by this material world that we truly feel we have no time to nourish our minds and bodies? Isn't it time to wake up from our slumber, and take care of these if you truly love yourself?

Would you be able to enjoy anything if you didn't have good health? Or, if you were not of sound mind, would you be able to do all the things that you do?

The saying—"One who is the healthiest is the wealthiest" holds true even today.

Yes, we beautify our bodies externally with good clothes, make-up, accessories and more. But, how many of us truly find time to nourish it with good, healthy nutritious food and exercise? Usually these are at the end of our to-do lists.

Why is it that we are lazy when it comes to taking care of the most important aspects of ourselves? Think for a moment about our minds. It is that which we've been gifted so that we can function in this world, experience every breath, every

sunrise, every coffee, every kiss and store it in our memories forever. And, what do we feed it? The miserable news in the morning? The nagging thoughts about how everything might turn out terribly wrong? The anger at being charged too much at a restaurant while forgetting about the beautiful conversation we had there? More often than not, thinking about all that didn't go well that day, instead of being thankful for all that we could achieve today drains us.

Have you ever paid attention to your thoughts which are the most powerful part of you?

The endless, unstoppable chatter that goes on in your mind is the real you. Who you are is what your mind is. What creates you and your destiny and how good or bad your life can be is determined by nothing else but this mind of yours. Your thoughts create your life and your destiny.

> Happy are those who take life day by day, Complain very little,
> And are thankful for the little things in Life…

But you can simply switch off the mindless thoughts that drain you, and switch on to thoughts and feelings that bring you joy and fulfilment. This is the power YOU hold within you. A power I learnt to use fully from Dr Joe Dispenza. He showed me how we can change our negative thoughts and beliefs systems through meditations. You can be as happy as you'd like to be if you just 'think about it'.

"Be happy for this moment. This moment is your life."

–Omar Khayyam, *The Rubaiyat*

12

INNER CALLING

"The real joy in life comes from finding your true purpose and aligning it with what you do every single day."

–Tony Robbins, life coach and philanthropist

If you went to sleep tonight knowing that you are never going to wake up, would you be able to sleep? Was this day that you lived a perfect end to your life? Did you accomplish all your dreams in this single lifetime? It is definitely a scary question but a little fear can be a great wake up call.

We don't often know how much time we've got. Some people lead such incredible lives and pass away at 40, but leave an imprint behind; others may be turning 85, with having lived through the same mundane routine for years.

"Here is a test to find whether your mission on earth is finished: If you are alive, it isn't."

–Richard Bach, writer

If each of us is given the same 24 hours, how come some of us accomplish so much? Simple—it is all about priority.

We turn our attention towards only that which is of utmost importance to us, that which gives us joy.

The Japanese have a term called Ikigai. It is similar to the French phrase raison d'être. Ikigai means 'a reason for being, or a reason to get up in the morning, or a reason to enjoy life'.

It is the source of value in one's life or the things that make one's life worthwhile. It is a combination derived from what one is passionate about, what one can make money from, what is of service to others, what is one's profession and so on.

This *Ikigai* is what gives us a feeling of fulfilment each day. For some it could be teaching music and for others it could be planting trees.

Each person should continue to search within to find this because it can keep changing through the years.

But, we all need an *Ikigai*—something that makes us want to get out of bed; something that makes us come alive from within. That is the way to true happiness.

> So, what is your Ikigai? When you find your true purpose, well, life turns magical. That's what happened for me. It's a fascinating philosophy, and when you start looking for your answers, you can expect some aha moments for sure. My own Ikigai at this point of time in life has become this book.

I literally eat, drink and breathe it. I can wake up at 8 am after having slept at 3 am. Every quote I spot, every book I read fuels me to give my best to this book that you now hold in your hands. In a way, it consumes me. It is as though I become the book and the book becomes me!

I'm sure you know this feeling from somewhere. It could be from going on stage and playing a character, or from spending your spare hours rescuing animals, or from whatever other thing you do that consumes you completely and makes you forget the world around you. That's your calling, your life purpose, your raison d'être, your reason for being here on this planet.

If you can just follow this calling, trust me, you will move through life effortlessly. Even when challenges surface and the temptation to give up is strong, you will be more than equipped to handle them because you want to do this so desperately.

This book has already sparked a new dream within me—that of setting up a healing centre. I am envisioning a space where one can experience healing modalities of all kinds and where energy can play its part in transforming all who come.

Life is too short to be living someone else's dreams. Go find your own and chase them!

If you haven't yet discovered what your *Ikigai* is, ask the universe, "What is my true purpose here on earth?" and keep on asking until you hear the answer from within.

"If you can't figure out your purpose figure out your passion. For passion will lead you right into your purpose."

–TD Jakes, pastor, author and filmmaker

The million-dollar question here is, 'Are you living the life of your dreams?' and if not, what is stopping you?

AFFIRMATION

I CAN DREAM IT,

I CAN ACHIEVE IT, I KNOW MY *IKIGAI*

I SPEND MY DAYS

FULFILLING IT.

13

LETTING GO

"You can live life angry, bitter or mad at somebody, or even guilty, not letting go of your own mistakes, but then you won't receive the good things God has in store for you."

–Joel Osteen, pastor, televangelist and author

"*Jaane do*!", "Forget it and move on", "Let go…"

It is not easy to let go especially when you've been wronged.

'Letting go' is easier said than done. Memories of a relationship, past events and especially the people associated with them are so deep-rooted in us that we tend to cling on to them. We play those memories on loop in our heads all the time. But all it does is drain us of our peace of mind.

This hampers our growth and becomes a hindrance to finding newer horizons. Thus, it is best to release these emotions by accepting the way things are. Sometimes it is important to let go of things and situations that don't serve a purpose anymore.

By doing so, you free up energy, feel lighter mentally and set your sights on the road ahead.

If I crack the same joke again and again, would you keep laughing at it? The answer is 'no'. Then, why do we all keep crying over the same situation for days, months or even years after it is over and losing our present gift over the past?

Letting go isn't just about people and memories that haunt you. It's also about not staying rigid about your point of view, your old beliefs and your stand in an argument. It's about being willing to surrender your control over things and people and being open to what happens.

In the blockbuster film *3 Idiots* directed by Rajkumar Hirani, we are introduced to the character of authoritarian college principal Viru Sahastrabudhhe aka Virus,

played by Boman Irani, as well as his students at a prestigious engineering institute.

In a sensitively-written scene, we see one of his students, Farhan (R. Madhavan), desperately trying to make his father understand why he wants to quit engineering and pursue his passion—photography.

In an emotional and very relevant scene, he finally tells his father to give him a chance: "If I become a photographer, I may earn less but I will be really happy because I am doing what I want to. Whatever I will do then, for myself or for you guys, I will do happily. I've always done what you've wanted. This one time, let me do what I dream of, because if I'm not fulfilled, I will always blame you… and I don't want to do that."

Can your child learn to walk if you don't let go of his hand? Can your child really grow up if you make all the choices for him/her?

As elders, we may assume we know best, but in an ever-changing and growing world we need to let individuals make their own choices if we truly want them to be happy.

When you are successful at what you do, you rejoice. Your children should also be allowed to feel that same pride and joy for achieving things on their own. It is their journey, and they should be allowed to chart their own path.

We Indian parents find it so difficult to let go of our children's hands, often making them completely incapable of managing on their own. Sometimes, because of so much control, anger and resentment builds up in them as they cannot grow and expand as individuals. This causes a negative attitude in life and often leads to despair and depression.

More than anything, trusting the intelligence in every person is so important because all of us have divine wisdom within us, and even if we make a mistake, at least we will learn from it. In our desperate attempt to protect them from every possible hurt and fall, we make our children so dependent on us that when the time comes for them to look after themselves, they are often helpless and lost.

While humans constantly try to protect their babies, birds push their fledglings out of the nest so that they can fly.

Every soul is an individual and comes with a path of its own to follow. We as parents can set guidelines, instilling in them important values and morals so that they are able to make their decisions thoughtfully. But if we try to control our

children, making every decision for them by saying 'this is for your own good,' and deciding what course they should take in college or who they should marry, we will almost certainly have unhappy, rebellious, frustrated children who are absolutely disconnected from us. They will never find their own true purpose in life because they were never allowed to make their own choices.

The parents would be left wondering what terrible karma led to this situation without realising that their kids also always had God-given intelligence. If only they had allowed them to choose on their own!

In the same way, husbands like to decide for their wives and heads of organisations dominate the power-pyramid, silently setting off a chain of resentful reactions. It is only when the bubble bursts and the blame game is over that people realise that they could have let go long ago and things wouldn't have turned so bad! As you grow older, you wonder: "Of what use was the dominance and control if I could not even keep my loved ones happy?"

Yes, you may have provided all the material pleasures but they are often short-lived.

True love is giving space to your loved ones so that they can find their own joy and inner peace. You allow them to find their own true purpose. Even if they fail, it becomes a lesson well-learnt. When they are successful their joy knows no bounds and makes you joyous too.

A little letting go on both sides can make a big difference to everyone. Why let ego come in the way of beautiful relationships?

As a mother of two young girls, I am doing my best to guide them to be happy, helping them make decisions while ensuring they keep in mind the consequences of the choices they are making.

Watching them grow into beautiful and happy souls, trusting their decisions as much as I can, while being a typical protective mother has been a journey of learning and accepting for me.

It hurts to let go, but sometimes it hurts more to hold on.

14

EGO

Ego—A love affair with 'I'. EGO—Emotion Goes Out, or that's how someone translated it. "Very unconscious people experience their own ego through its reflection in others. When you realise that what you react to in others is also in you (and sometimes only in you), you begin to become aware of your own ego."

–Eckhart Tolle, spiritual teacher

"We're going to Paris this summer. Are you not travelling abroad?"
"I'm so proud of my child... she stood first in class, what about yours?"
"I don't carry anything but branded bags... It's just so tacky!"
"It's her fault... why should I apologise?"
"He started it.... I didn't say anything."
"I'm the boss. I'm not going to do all these things. That's the job of my juniors!"

How often have we found ourselves speaking like this or being at the receiving end of such remarks? We could immediately feel our self-worth ballooning or getting deflated while the constant comparisons stayed with us days and weeks after.

All of these comments arise from our egotistical selves.

It makes us compare every little detail of our lives with those of others, leaving us terribly dissatisfied because we invariably find ourselves lacking. It makes us struggle in despair when instead we should be rejoicing in gratitude.

So, we learn to treat others as the competition because we are always trying to defeat them. This 'ego' separates us from each other by displaying a sense of one-upmanship. It does this by constantly finding reasons to complain about another or finding flaws and shortcomings in another. And it is because of this that we have actually forgotten our true nature—that we are all connected to each other.

Instead of being competitors, we can just be friends. We can simply walk side by side, lifting each other up in life instead of putting each other down. We can live our own lives with complete joy and gratitude and without pausing to check what others have that we don't.

All self-help speakers and books speak of self-love and self-care. The difference between that kind of self-care and the ego is subtle and yet profound. We naturally need to look after ourselves first so that we can tend to others. But the ego demands that we always put ourselves first and above others. It disguises itself as self-respect but it is hard to control and we end up dealing with bossy, imposing or just rigid and stubborn people.

Ego—a small, three-letter word, potent and powerful, which rules our lives. The ego in you can be the cause of your success or failure. As we go through life we become so focused about 'my things, my life, my circumstances', that we forget we live in a world where we are connected with everyone around us. What we do affects the people around us as much as it affects us.

It is never only about you. There are other people around you who also get affected by you. Getting emotionally charged by what others say or do, or being ticked off when others don't live up to our expectations lead to dissatisfaction or suffering.

This is the ego in you trying to say, "I need to be pleased". We only try to see what we can gain from a situation. We never try to see if there can be a situation from which we all can benefit.

Our ego is this attitude in our mind which always separates us from others. From the time we are born, we are taught to compete against each other. Everything is a race where we are trying to outdo each other.

We forget that we are each on a journey of our own. It is a journey in which everyone around us is a companion and not an enemy. My road is mine alone and no one else can tread on it. Someone else does not have to fail for me to win. We can all be winners.

That is why I'm among those people who just cannot understand competitive sports. Sports should be played to help us enjoy ourselves and stay fit, and not to make an enemy of the opponent.

Take cricket for instance. Every India–Pakistan match causes the blood pressures of the people of two entire nations to rise at the same time. Everyone takes it so personally. A catch or a hit for six runs can cause equal joy and misery on either side of the border!

But we really feel unbearable fury and envy if the other player, team or country beats us to the trophy. Our egos are bruised, when instead, we could have enjoyed the game and admired the players who performed exceptionally that day.

> Games are one thing. Real life is another.

Anger, irritation, jealousy are all negative emotions that the ego connects with to boost itself. It controls you and separates you from your true self. It does this by constantly finding faults in another and looking for reasons to complain.

So, what do you do when you bump into an acquaintance who provokes this very powerful emotion in you and you really feel like saying something sharp or feel vulnerable and want to burst into tears?

Well, the next time you find yourself reacting negatively, pause! The best attitude is non-reaction. Or, you can choose to respond if you have to but do not react. Simply be aware of the ego of the other and realise that it is not personal. It's never about you, it never was.

They're probably just finding a way to make themselves feel better, but inadvertently putting you down. In the words of the Buddha, "If you buy a gift for someone and that person does not take it, to whom does the gift belong? So if you insult me and I don't react, the insult lies with you."

Do not judge any person as you see them, as these are all ego patterns which the mind has formed. This is not the real him/her, and this is not the real you. Become aware of the real you within and you will see that person in a different light. The real you will always choose to see a different and a more positive side to all people and situations. The inner you will always want peace.

Having gone through these ego battles myself, I have finally stopped reacting. I no longer get into arguments with people. I no longer feel the need to defend myself to prove I was right, and I no longer feel uneasy or upset.

Once I started doing this, I felt as if a burden had been lifted off my shoulders, and automatically I felt calmer and more peaceful. Now, when someone is being bossy or saying something I don't agree with, and if I don't need to be a part of it, I just move away.

Sometimes when you do come across people who you just can't seem to agree with, the best thing is to maintain a distance, as peace is always better than resentment.

You can also take steps to protect yourself from such people. Keep your distance mentally and stay away from regularly connecting to them. If you do run into them, physically move yourself away from the person or situation. Change the topic to something you might both agree on.

But what if these are not easily possible? Often, these people are members of your immediate family or closest friends. It's a wonderful thing to slowly learn to forgive or look past it. Let go. If you are aware that it is the 'ego' in the person, and not the spirit talking, you can master the art of 'letting go'.

And now, the tricky question. What if that person is you? Let's not kid ourselves. We all know precisely when we're being egoistic and rigid, don't we? The answer is to soften and bend. Go easy on the other person. Let them have their way. Say, "Sure! Let's try. Why not?" or try to put yourself in their shoes to see it from their side and be more understanding.

When you become aware that this is just a small situation which holds no meaning in the bigger picture of your life's journey and that your true self always wants peace, you stop yourself from reacting and realise that there can be different ways of handling it—ways that bring peace to all.

Let your inner being be the guide in a situation or an argument. We have been brought up with the idea, "If I am right, you are wrong." This is the ego trying to

prove its existence.

Instead, become aware that you have your own set of thoughts and so does the other person. Why can't both be right or find a satisfactory middle ground?

"If you see a reflection of the word 'ME' in a river, you will see 'WE'. Let's slowly shift our approach to that reflection in the river."

–Suhana Bhatia, screenwriter and editor

AFFIRMATION

I AM
LOVING AND
PEACEFUL AT
ALL TIMES.
I CHOOSE
TO SEE BEYOND
THE PERSONALITY
TO THE REAL SELF
IN EVERY PERSON
I MEET.
I CHOOSE TO SEE THE
GOD IN YOU
AND IGNORE
THE I IN YOU.

15

BE KIND

"Kindness comes from within, when you realise we are all one and what I give to another, I am giving to myself... Then you no longer have to BE kind you ARE kind...

When you don't know how to react, be kind."

This was forwarded to me on WhatsApp and I began to question it.

How can I be kind when someone has betrayed me? How can I be kind when everyone is yelling and no one is making sense? How can I be kind when the other person's reactions are consistently rigid and stubborn?

After several failed attempts, I decided to still keep trying.

Being kind is not about walking away or pretending that nothing happened. It's about being angry, irritated, tired, betrayed and sad and despite it all choosing to have kindness in your words and actions while dealing with all the unavoidable drama. It shows a great deal of understanding and wisdom.

Choose to be kind over being right, and you will be right every time because kindness is a sign of strength and rudeness a sign of weakness and insecurity.

Justin Trudeau, the current Prime Minister of Canada, became the mascot of kindness while the world dealt with the ISIS crises. Most countries shut their doors while he chose to invite refugees in and make them feel like human beings and not unwanted 'potential terrorists.'

While the neighbouring country put up walls and displayed fear, Trudeau went on world television and declared that his country would readily let them in.

We cannot even begin to fathom the kind of pressure or fear he would have been surrounded by. Yet instead of a cold and outright shunning, he chose to do something which gave a chance to human dignity. He chose to be kind.

We all go through storms. Perhaps your mother-in-law has asked you to skip work because she has to travel out of the city today. But, you have a deadline which you can't afford to miss.

Or, your colleague has taken credit for something you've done and you really want to get back at him.

Or, your daughter has an exam tomorrow and she simply refuses to study.

Or, all of it is happening together, on the same day!

If this was an episode of *Sex and the City*, you would hide in the bathroom with a bottle of wine and forget your roles as daughter-in-law, employee, colleague and mother, and simply sip your drink, listen to music and relax in the bathtub.

But reality is what you and I live in... and it bites!

In one of my all-time favourite films *Lage Raho Munna Bhai*, the character of the gangster-turned-Gandhian preaches about *vinamrata* (politeness) and *ahimsa* (non-violence) as he goes around demonstrating the same qualities in all kinds of amusing scenarios. There are times when he is pushed to his limits and given that he has been a goon in the past it would undoubtedly be much easier for him to beat someone to pulp. Yet he uses all his self-control to smile and respond with absolute politeness.

Being kind isn't always easy, but trust me, you will never regret it when you look back at those moments when you were kind instead of choosing to yell, abuse or seek revenge.

Watch this movie when you can, and then every time you find yourself upset, hurt or furious, ask yourself, "What would Munna Bhai do?" Give a *jaadu ki jhappi*, that is, embrace the other person with love. You can win someone over only with love, not anger or hatred.

Kindness, like love, unlocks magic. You might decide to bring your colleague a cup of coffee even after he/she has conspired against you. He/she will probably feel horrible for doing that to you or maybe you will realise that it was all a misunderstanding. It might at least lead to a friendship at the workplace.

In your meditations or visualisations, try to bless the people you're mad at, and see how good things start happening for you in return.

When you're staring at your child's marksheet and are appalled at the low scores, just try to breathe and ask her, "Is this subject too difficult for you? Do you need someone to help you with these topics?" Tell her it's okay. After all, she excels at sport or is good on stage.

"Be kind. For everyone you meet is fighting a battle that you know nothing about."

Attributed to Plato, this quote reminds us of the best way to deal with challenging people who usually annoy or infuriate us.

If, for instance someone yells at you and your usual reaction is to yell back, try this. Take a moment to see the same situation from the other person's point of view. Just imagine yourself in exactly the same situation, but on the other side of the argument. Try to imagine all that this person goes through and what you would do if you were him. Think of why he is behaving like that. Maybe he hasn't eaten since morning? Maybe he's worried about the bank loan he has to pay off? Maybe his child is down with fever and he still has to work? The possibilities are endless. But it reminds us to be kind.

In those few minutes of visualisation, you will find yourself calming down. You may even feel a lot of compassion and peace within. Automatically, you will offer that love and peace to him and then that is what will get reflected and return to you. The same person will soften his tone or offer to do something unexpectedly nice.

It may take some time and a lot of practice, but when you can give love no matter what the circumstances, people will have no option but to change.

You will slowly reach a point when you can say, "It's okay. This was not between you and me. It is always between me and God and you and God." If we all just understand this, our lives can be magically loving and all situations miraculously peaceful.

They say that people may forget what you said to them or did, but they will never forget how you made them feel.

How about starting with yourself? Most people tend to be very harsh upon themselves. Under the garb of perfection, they set very unrealistic expectations and, in the process, do not allow themselves to just be. Living under constant

pressure, they forget to be kind to themselves. If you think you fall in this category, it is time for you to become your own friend and shower kindness upon yourself.

Make someone feel kindness today.

How you see yourself being treated by others is also an important aspect you need to pay attention to. If you feel others don't treat you well, or if you feel ignored, rejected or disrespected, it is because this is what you are giving to others, and this is what you are giving to yourself also because what you give is what comes back to you.

How you perceive the world or how people treat you is actually how you treat people, the world and yourself.

Think about this—are you angry or upset with yourself all the time? Are you critical of yourself? If yes, then that is how you think the world will treat you. You have to learn to love yourself and accept that neither you nor anyone else is perfect. To change the way others react to you, you have to change your actions first.

"Kindness is the language which the deaf can hear, and the blind can see."

–Mark Twain

AFFIRMATION

I GIVE
AND RECEIVE
KINDNESS
WHEREVER
I GO.

16

THE WAY I MAKE ME FEEL

"The greatest discovery of our generation is that human beings, by changing the inner attitudes of their mind, can change the outer aspects of their lives."

–William James, philosopher and psychologist

Do you realise what a manipulative world we live in? We are constantly being programmed by the media. You can never know the truth about that story in the media or paper or the product you are buying. What's the real story? How will you and I know the truth?

When someone gives you juicy gossip about another it is always flavoured with their added *mirch masala*. The actual truth is lost in their interpretations, or rather mis-interpretations.

It is about time we paid attention to our own instincts or inner voice, which is intelligent, knows the truth and can guide us perfectly if we pay heed to it. God has given us a superpower called intuition that knows it all.

If only we can silence the noise around us and in our heads, we can hear the guidance.

Fill in these blanks:

I feel joy in _____

I feel upset when _____

I feel delighted if _____

I feel eager to _____

I feel anxious thinking about _____

I feel at ease because _____

Now, try filling these:

They make me feel joy in _____

He makes me feel upset when _____

She makes me feel delighted when _____

It makes me feel anxious thinking about _____

And so on…

So, which situations made you feel better? The ones where you chose how to feel? Or the ones where others' actions decided your response?

Did you feel powerless when you handed over the control of your feelings to others? Isn't that what happens most of the time? We are constantly surrendering the reins of our feelings to other people.

Their behaviour and attitude determine our emotions. To be able to feel a hundred different emotions is such a gift and yet we let someone else be in charge.

Do we really need to rely on others to make our choices for us? The answer is a clear 'NO'. To be honest, unless they're people who love us, most wouldn't care about what emotion they evoked in us as long as their own needs were fulfilled.

In the same way, are we also mindful about how we speak or conduct ourselves? After all, we are 'they' for others. Our actions can affect or impact other people's responses and feelings.

Our feelings are an excellent internal compass to guide us on what's right and wrong, good and bad, appropriate and inappropriate and even moral and immoral. If we listened to our inner feelings, we would know precisely what to do or say in any situation and rarely be wrong.

When you are taking any decision, stop and see how it feels internally. This feeling is your body's way of telling you whether what you are doing is good or bad for you. The way you FEEL is always of utmost importance.

This is what I have learnt from Abraham Hicks's teachings in Esther and Jerry Hicks' book, *Ask and It Is Given* —how I feel is my Emotional Guidance System which is trying to show me whether or not what I am doing or thinking is right for me. So, if it feels good, you are on the right track and if it doesn't, don't do it because your guidance system is trying to caution you. So, be alert.

Our feelings are our guidelines.

The way I feel inside is what I can give out to the world and the people around me. My feelings create my world. I cannot feel bad inside and expect to give good outside.

Most of us are not even conscious about how we are truly feeling. We are going through life without any awareness of what is happening within.

What is going on in our minds? We are only aware of what is outside and there too most of our focus is on other people's lives. Most of the time we are actually interested in what someone else is doing and judging them for it, when in reality our focus should only be on our own lives and what we are doing.

When you're reading this book, ask yourself how it feels to read it? Does it make you question what is happening in your life? Have you begun thinking differently nowadays?

Do you find yourself being more mindful as you go about your day, more mindful not only about your looks but also about your thoughts?

What is beautiful is that once we know that we are in charge of our emotions, we can pick and choose the feelings we want to experience and shift our lives.

We can filter our reactions and protect ourselves from a roller coaster of emotions. Just as we pick our favourite television channels to watch, we can pick our favourite feelings and stay with them.

When you wake up in the morning, take a moment to become aware of your mood, thoughts and emotions, pause and take a look at what is going on inside you because this is going to decide what your day ahead is going to be like. So, consciously choose to feel good, think about things that make you happy. Then observe how your day unfolds. There is no harm in trying this out, because it actually works and even if there are some difficult moments during the day, you have empowered yourself to deal with them.

Live life one day at a time, making a conscious decision every morning to feel positive emotions.

> "Today, I choose to be happy and peaceful throughout the day; no matter what happens, I will deal with it peacefully."

And even if I am disturbed, I will shift my focus to feeling happy as soon as possible.

Our lives reflect the way we feel. If we want to change our lives, we have to change the way we feel, because our emotions decide our thoughts, and our thoughts decide our actions and our actions create our reality. It is a chain reaction.

I decided to try this out.

Being a restless person, I would get upset when things didn't go my way. I would get irritated over small matters, feel overburdened by responsibilities and take life too seriously, all of which left me feeling overwhelmed. I felt like I was the one taking care of everything and everyone around me. And for reasons beyond my control, if things fell apart, I often blamed myself or tried to blame another. This pattern led to a dip in my emotions and I experienced fear all day. On introspection, I realised that my own expectations of perfection from people and situations led me to this feeling. Anger and criticism took over. I released these emotions, and well, what do you think happened? They just came back to hit me hard. Before I knew it, I had become a victim of my own criticism and the results were far from pretty.

Now to change this feeling, I started using affirmations.

The first step is always learning to love yourself because you cannot give to others what you don't have within you. You have to learn to love yourself just as you are. Remember that no one is perfect.

I woke up every morning and even before I got out of bed I said to myself, "I love myself, I am perfect the way I am."

If you wake up and feel anxious or irritable, that's how your day will pan out. Life brings you circumstances which make you more anxious and irritable because that is what your mind is asking for.

Instead of anticipating all sorts of worst-case scenarios, just say, "Today is going to be awesome for me! I'm so happy that everything is working out perfectly and harmoniously".

Hop out of bed smiling because you're expecting something fabulous to happen. In fact, as Rhonda Byrne in her book *The Magic* suggests, just feel gratitude and say 'thank you' for all that is already good in your life and you will attract more of it.

Play your favourite song from your playlist to set up the mood for the day. One of my favourite songs is 'Me Too' by Meghan Trainor which goes something like this: "I thank God every day, That I woke up feelin' this way… If I was you, I'd wanna be me too, I'd wanna be me too". It's such a peppy song that it lifts me up instantly.

Clap! Yes, clap! Clapping has been proven to be an instant mood changer because it quickly changes your energy and gives you a boost.

When you make your morning tea or coffee, visualise the words 'love', 'joy', 'magic' and 'happiness' being stirred into your cuppa. Smile at whoever you cross paths with so that if you are going to impact their feelings let them be positive ones.

These few positive activities in the morning can change how your day turns out as you are telling the universe that this is what you want. What you are paying attention to is what you will receive. Say this a few times and say it with emotions. You have to feel it in your heart; you have to feel good about it.

Today, become the master of your feelings and emotions.

Be guided by the way you feel. If, for some reason, you are not feeling good internally, change your thoughts or read something positive or do anything that can make you feel good. On days when I am feeling low, I turn to Dr Joe Dispenza's meditations and I feel my vibrations and temperament change immediately.

In the beginning, it will feel like an effort but slowly you will learn to do this effortlessly and it will help you to lead a happier and more fulfilling life. When you set your mind to something, the universe conspires to give it to you. I am repeating this as you need to realise how true it is.

These may sound like plain words to you, but they are very powerful when applied to your life. You need to put in effort to make any kind of change and something that can help you alter your life is of utmost importance.

"Feelings are just visitors. Let them
come and go."

–Mooji, spiritual teacher

AFFIRMATION

TODAY I FEEL
JOYOUS,
COMPASSIONATE
AND LOVING.
I AM PEACEFUL
IN ALL SITUATIONS
AND
CIRCUMSTANCES.
TODAY IS THE DAY FOR
MAGIC
AND MIRACLES.

17

FEEL THE JOY

Imagine feeling joyful everyday... if you can imagine it, you can create it.

Decide today to feel happy in everything that you do, and see how differently your day goes.

Have you ever made a 'joy' list? It is a list of all those things that bring you a feeling of delight and happiness.

It could be anything—ice-creams on a hot summer night with friends on Carter Road, dancing and making funny faces with your child, going on a hike and taking pictures of goats, having a late-night phone call with your buddy, giggling in a horror film, or just finishing a project that you have invested all your time and energy in.

Sitting alone in a garden connecting to nature, reading a book or listening to talks by my favourite spiritual speakers bring me absolute bliss and joy. Like the song from the film *The Sound of Music*, "These are a few of my favourite things…".

These are the things that make us smile even when we recall them a few months later. They are precious moments that made us feel a little more alive, and that is priceless. Ideally, we would love to feel like that eternally, but life is a buffet spread of all kinds of moments—salty, spicy, bland and sweet. We can't escape tasting anything at least once. The trick lies in finding a way of having extra helpings of what we really enjoy, i.e., remembering the blissful moments and asking the universe for more of these.

When you are feeling happy about something, or something happens that makes you joyful, become aware of that feeling and hold on to it as long as you can because that is how you want to feel all the time. And when something makes you unhappy, do not ponder over it for long; try to distract yourself as much as you

can. When you don't like something on the menu, order something else to change your taste.

To help yourself feel good, or bring about a change, look at how you feel in all areas of your life. Do you feel good about your relationships? Do you like your work or are you unhappy with what you are doing? What about your health—are you in good health or are you experiencing aches and pains, or some other issues?

If you feel that there is an aspect that is not perfect, it means that there are negative feelings you are holding on to in that area of your life and that you need to find ways to help yourself heal. Your life is in your hands. What you do about it is your choice. Become aware of the power that is within you to make that essential change. Take a look at the choices you have and empower yourself to bring about the change.

Henceforth, when you are talking to someone or doing some work, start noticing your feelings at that moment. Choose to find anything that makes you feel good because at that very moment you are creating your life.

All of us landed in this physical realm with an exit date stamped on our life passports. How long are you going to wait for someone else to make your trip here worthwhile?

If you want to keep experiencing joy, you have to keep attempting things that you associate with that feeling. If that means waking up early to have your 'me' time, signing up for throwball, going for that morning walk at the beach, staying up late to bake brownies in an empty kitchen or watching films alone rather than waiting for friends to make plans—so be it. Do all that brings you joy.

For, a life lived joyously, is a life well-lived!

"Joy is what happens to us when we allow ourselves to recognise how good things really are."

–Marianne Williamson, author, spiritual leader and activist

AFFIRMATION

I HAVE THE POWER
AT EVERY MOMENT
TO CHANGE
HOW
I FEEL; AND I
CHOOSE TO
FEEL JOY.

18

DESIRES

"The starting point of all achievement is desire."

–Napoleon Hill, author

It is natural to have desires. Be it for good health, a material thing or just being happy, each day of our lives brings with it a sack full of desires.

To lose just five more kilos.

To buy that new iPhone.

To date that hot friend from the gym.

To make that trip to New York.

To get one full night's sleep after working bizarre hours.

Desires are feelings of wanting something that you don't have as yet in your life.

As long as you are in this human body you are going to have desires. So, desires are not bad. Nor are they evil as long as your desiring them is not causing harm to another.

Desires are a part of our everyday lives. One cannot grow without wishing for something, nor can one change or improve without having the desire for it. In fact, look into your heart and ask yourself what it is that you truly wish for.

Whatever you may be passionate about, never ignore it. It could be your inner being telling you about your true desires. Pay attention to it and try to fulfil it, because that will make you feel good. Fulfilment of your desires always makes you joyous, and isn't that what we are trying to achieve—to feel good, to be happy in our hearts? Our true desire is always to be happy, healthy and peaceful. Don't you agree that in the heart of every desire lies 'happiness' waiting to be unveiled?

Harbouring a desire you may have to harm another or take revenge is not a good desire as you can never feel good by harming another.

Tell me, when you watch the news on television about murders, terrorism, politics, manipulations, heinous crimes—do you feel good? As you watch it, or even after it is over, are you not feeling really low or sad? Then why watch it? Why see something that is going to make you feel bad? Why not watch something that makes you feel good, makes you laugh or teaches you something? There are so many channels on television with varied content—programmes on comedy, travel, food, music, spirituality and more.

What you do in your free time is your choice and how you feel after making those choices determines your reality.

So, making the right choice is very important.

For that, become aware of what you are watching. Is it making you feel good? If not, change the channel or move away because you don't need to know about the world's lunacies. It's far more important to feel good.

By the way, the biggest disadvantage of watching depressing news is that by paying attention to those situations, you may actually be attracting them into your life because what you pay attention to is coming to you.

Anything that brings you peace, happiness, joy or makes you feel good will create a good life. So, in your free time, listen to music that makes you feel good, read something that lifts your spirits or simply go for a walk by the sea. That's the way to a fulfilling life.

Even to bring your desires to fruition, you need to feel good to attract what you want into your life. Fulfilment of desire is a feeling brought to life.

"Desires, dreams and wishes in life,
are the fuel to our creativity, our motivation and our excitement for living."

–Maureen Simon, author

19

NEGATIVE FEELINGS

"Negative feelings mean you're going the wrong way."

–Steve Pavlina, author

There's a *desi* word, *khitkhit*, which perfectly describes a behaviour where someone constantly complains and is cantankerous. I'm sure we've all interacted with someone like that at some point. A person who does *khitkhit* will have a typical tone of speaking, will constantly expect the worst, raise his voice in anger at the smallest things and will have an eternally grumpy expression on his face. He will get into arguments often and yet believe that the whole world is ill-treating him. He will give out a vibe of anxiety even before he arrives and can spend hours discussing what's wrong with the government, the municipal corporation, his building society and even his family.

Funnily, he almost never sees his own shortcomings or flaws!

We aren't saints. During the course of the day we all tend to have fleeting negative thoughts or feelings. Fury, envy, irritation, blame, greed, lust, worry or plain old frustration are all a part of our emotional make-up. We can have them the moment we pick up the newspaper in the morning and read some horrific news. The irritation has a ripple effect on the rest of the day and triggers all kinds of negative feelings. Even what is going smoothly will appear messed up because that's the state of our minds.

The fear, anger and worry we hold within ourselves make up our negative feelings as they don't make us feel good. They are like poison seeping slowly into us. They continue causing us harm in so many ways. They create bad feelings and can even cause physical ailments in our bodies like asthma, blood pressure, allergies or digestive disorders.

I personally suffered from severe digestive problems due to feelings of fear and anxiety. There was so much going on in my head about, "What if this happened or that happened", that I actually attracted it all.

What is it that's worrying you or what is it that you fear most of the time? It is about something that might happen, or your worry could be unfounded.

So why not dwell on the best outcome and bring that into your reality?

Constant worry or prolonged fear about anything may actually draw it into your life because of your constant attention to it. After all, whatever you give your attention to attracts itself into your life. Become very aware of this fact as it is the basic truth of our lives. We are the creators of our lives through our thoughts, deeds and actions.

For example, you may keep worrying about the safety of your loved ones all the time fearing something bad might happen. Unfortunately, someday it might really happen because you attracted it with the fearful thoughts in your mind.

Instead, always imagine your loved ones being safe. Trust that the higher power will take care of them wherever they go. Even when you get a negative thought, change it to a positive one and imagine your loved ones being protected by divine love and light.

Each of the negative emotions creates a physical reaction in our bodies. Anger is like the burning coal you hold in your hands to fling at someone. Your hands will get burnt even before it reaches anyone else. Don't be surprised if you are constantly angry and then end up suffering from acidity.

Even if people or situations cause you to get angry, you need to release it. Bottling it up is only going to further harm you. Convert this anger into compassion and try to understand the other person. Perhaps you are expecting something from them that they are just not capable of.

Change your perspective. Maybe the situation is not as bad as it seems.

Go a step ahead and seek the good in the situation or the person. Finally, just move away from it all so you can calm yourself and have more clarity. Or, simply go ahead and take the necessary action.

At the root of any emotion that leads you to feel miserable and makes you dislike yourself or others is usually a negative feeling.

Similarly, complaining, cribbing and venting can drain you of more energy than you can imagine. There are bound to be challenges in your life, and inevitably, you

will meet people who make it more and more difficult for you.

But, sometimes, you could also be the one coming in your own way. By complaining, we create a blockage in the flow of energy.

We send out a message to the universe that no matter what, the situation isn't going to improve because 'someone' or 'something' out there is creating trouble. So, guess what the universe sends us? Well, more challenges and reasons to complain about.

So, what do I do when things aren't falling into place? If I remember, the first thing I do is breathe. Then I go back in my mind to see what started it all. After that, I try and think of the next best solution, i.e., plan B. On good days, plan B works out better than plan A. Instead of talking about the problems, I start to seek solutions.

So, say my daughter has missed the school bus and the maid is late. The only option is to go drop her to school myself since my husband may have already left for work or is still asleep as he was working till late. I look at the other side and see an opportunity to talk to my little girl about things we do not get to engage in at home in the midst of homework and errands.

I know, not all situations have a convenient alternative solution. But the important thing is to work your way out of the mess.

One of my biggest inspirations has been the legendary actor Amitabh Bachchan. From being a superstar in the 1970s and '80s to having a Rs.100-crore debt must have been the most frightening and humbling experience of his life. The corporation that he had started and hired the most qualified of professionals for had turned into a colossal disaster. What now? How could he not have the money to pay off his investors?

He had so many people to blame, so many reasons to complain and so many excuses for giving up. He had health issues on one hand (from an on-set accident) and debtors to repay on the other. Instead of escaping from his chaos, he did something that must have taken a lot of courage and humility. He went out, met friends and asked for work. Can you imagine? I shudder to think of being in his shoes.

Filmmaker Yash Chopra who had directed many of his films was one of those people he turned to. Around the same time, he got an offer from television to anchor a show. For someone of his calibre, television would have been considered

a downgrade and even potentially disastrous for his career, but that became the turning point. The film *Mohabbatein* and the game show *Kaun Banega Crorepati* proved to be colossal successes. Plan B made his return to the screen even bigger than it had ever been the first time around.

How can we not be inspired by such an incredible hero in real life?

I'm sure he had sleepless nights, angry moments and thousands of things on his mind that weighed him down. But his faith in God, and his determination to get out of that humongous challenge made him what he is today.

He has often quoted his father who told him:

> "Mann ka hua toh achha. Mann ka nahin hua, toh aur bhi achha.
>
> Kyunki phir Bhagwaan ke mann ka hua.
>
> Aur Uparwaala humeshaa humaara bhalaa hi sochengey."

This translates to, if we get what we wished for, it is wonderful. But if we don't, then it's even better, because it happened as per God's divine plan for you. And God's plan for you will always be better than your own.

There is so much to learn from Mr Bachchan's adversity. We need to reach out. Send a message to the universe that we are open to solutions coming our way.

Take help from others if need be, but never feel helpless in any situation. There is a higher power to guide us. We just need to listen to what our heart says and do whatever we can to bring a peaceful solution or breakthrough.

"The one who bothers you the most could be your soulmate in disguise, trying to teach you a lesson."

–Dr Wayne Dyer, author and motivational speaker

Think about these wise words. All obstacles are lessons in disguise.

"Feelings are like waves, we can't stop them from coming, but we can choose which one to surf."

–Jonathan Martensson, Swedish footballer

AFFIRMATION

I SURRENDER
THIS TO YOU
GOD
AND
WHATEVER YOU
DECIDE IS GOING
TO BE
THE BEST
FOR ME.

2

RULES TO LIVE BY

20

THE GAME CALLED LIFE

"Life is a game, play it."

–Mother Teresa

Did you enjoy playing board games as a child? Do you still play some of them now that there's a host of them available for grown-ups as well? Isn't life too akin to a game?

Think of the universe as one big, endless video game, or an outdoor sport with an arena bigger than you can imagine. There are players and there are rules. When you play by the rules, you score. If you break them, you have to bear the consequences.

In a game or sport, you can immediately know your score, but in the game of life, there are a lot of mysteries that are revealed as you go along. However, the rules are the same and equal for everyone who has entered the game to play. There are set laws and no one can escape them even if you think no one is watching.

That's the beauty of these laws. Nothing happens by chance or outside them. Some of these were taught to us at school, and some we learned by experiencing them. Our teachers kept reminding us to be kind, speak good words, be generous and do the right thing but we only nodded our heads while pretending to listen.

Eventually, we got so busy learning formulae, geographical maps and trigonometry that this was hardly considered important. The teachings of great men were shared with us. Even the famous image of the three wise monkeys is something strongly embedded in us!

If someone reminds us of those monkeys now, we are so sure that we're not seeing, hearing or speaking evil that we do not even question ourselves. Hence, we never practice these laws by checking our actions.

We were so programmed into being competitive, getting high scores and admissions into prestigious colleges that the laws became just words. Why weren't these life lessons taught to us as part of a formal subject in school?

Sadly, no school, institution or media ever highlighted the importance of these essential rules of life.

Why have we gotten so smart but forgotten our basic nature? Why have we forgotten that a simple awareness of these laws could change our lives and the world around us?

"The game of life has two participants, 'spectators' and 'players'.
Who do you choose to be?"

–Unknown

21

WHY NOT TEACH HISTORY DIFFERENTLY?

"History teaches us that Men and Nations behave wisely, When they have exhausted all other alternatives."

–Abba Eban, diplomat and scholar

For decades or maybe centuries now, children in schools all over the world have been studying history as a subject. Even before they are in their teens, they are memorising dates, names and incidents, and reading stories about war—stories of fear, terror, bloodshed, merciless killings, helplessness and sadness. Stories of revenge, hatred and conquest. Stories of meanness and viciousness.

Then when these same children grow up to be unhappy, suicidal, selfish and unforgiving, despite having all the material comforts of life, we wonder what's wrong with them.

Why are we so surprised?

We are the ones who programmed them and fed them the energy of misery, and then we fail to understand why they're so miserable!

The energy you feed is the energy you reap.

"Education is what remains after one has forgotten, what one has learned
in school."

–Albert Einstein

But what happens if we shift the energy completely? What if we sow a different kind of seed? Will we reap a different kind of crop? Of course, we will!

Envision schools where children go to class and study the history of art, music, dance, mathematics, and cinema, and where class teachers and students watch

videos, have discussions and present projects on the most beautiful creations that have evolved over centuries.

Imagine studying in detail how Einstein's research led him to grasp and calculate relativity, and how he arrived at $E=mc^2$. Imagine how fascinating it would be if we were taught about Leonardo da Vinci who was dyslexic but happened to be an artist, sculptor, map-maker, mathematician, designer of weapons, actor and inventor who designed a flying machine more than 400 years before it was finally a reality.

Think of the infinite possibilities if children are brought in touch with the best of world cinema and its history.

What kind of minds would we nurture if learning in schools included the understanding of subjects like animation, quantum physics or spirituality?

What if we taught them in school the endlessly mind- boggling and yet real power held within their hearts and minds so that they could discover their true potential. Imagine being guided by teachers to become the creators of their own destinies. Imagine teaching them to ask the right questions. Who am I? Why am I here? What is my purpose here on earth? We would be saving them from a lifetime of chasing after the wrong things. We would teach them to follow their hearts and think about what makes them feel alive.

Think about the confidence they would have if we let each of them decide on their own where their talents and abilities lie, by guiding and encouraging them as individuals rather than as a group.

It's like this. There is a jungle and all the animals have to take a test to pass. So, the elephants, monkeys, fish, lions and birds are all asked to climb a tree. Can they all pass?

"If you judge a fish by its 'ability' to climb a tree, it will spend its entire life believing it is stupid."

–Albert Einstein

And this is how we judge our children and our society.

We feel we have evolved as a species but have we really? If we had, we should have marvelled at each child's gifts and nurtured their uniqueness. Instead, we are still stuck in the rut of marks, grades and admissions. Each child has come on this

planet with a special life purpose and it is our duty to let them blossom, but we only focus on academic excellence as a measure of a kid's brilliance.

Why do we constantly expect our kids to all be equally smart, equally gifted and equally unique? Isn't it such a contradiction?

What if we taught our children that the most important thing in life is to be happy! No matter what you do, the true purpose should be to enjoy the journey and be in a state of joy.

If only we were taught the laws of nature in school—wherein we learnt how we are all connected, how what we give we receive, what we think we attract—imagine how different our lives would have turned out.

Imagine an atmosphere where kids relive the greatness of Michelangelo, Vincent Van Gogh, Raja Ravi Varma, Beethoven, RD Burman, Walt Disney and Raj Kapoor. Imagine studying in detail the beautiful wonders of the world created by humans, instead of the wars and destruction caused by them. It would be a space where the mention of war and terror would be limited to just a small paragraph in a book otherwise filled with wonder.

What if all schools brought in meditation and mindfulness in their curriculum? A school in Baltimore tried this and saw a dramatic change in the students. They completely replaced detention with mindfulness. Kids were taught to deal with their anger by applying compassion and by reasoning things out. The effects were visible not just in their behaviour at school but also at home.

The whole purpose of this was to bring about a transformation in the minds and attitudes of children so that they could grow into adults who had a high self-worth and could impact the planet in a peaceful way. And it worked!

I simply fail to understand what the world is fighting for. Power, wealth, material belongings? Perhaps even a plot on Mars in the near future? But we will eventually have to leave all of this behind. What a waste if we don't live to enjoy it!

Of what use is the money you are spending your entire life earning if you are not happy, healthy or peaceful while acquiring it?

While we have attained so much knowledge, we have forgotten to teach our younger generations the value of our ancient wisdom. We have not highlighted these few basic and yet valuable principles that govern our lives and make them easier and more meaningful.

If someone had actually made us learn these theories of life consistently for ten years the way we learnt history or physics, we would have had a more peaceful and loving generation of people around us today. It would have been a world full of people with love, kindness, compassion, peace and even perfect health.

Wow! Just thinking about this gives me goosebumps. It gets me excited and at the same time restless. Why are we not doing something about our education system?

Why are we following the western culture blindly while our own country has so much to offer?

While they are learning yoga and meditation from our culture, why aren't we restoring the same to our classrooms?

Shouldn't we be taking the initiative to bring about a change in the Indian education system by starting a revolution ourselves?

It's high time we as individuals participated in the academic process by pushing for change. I am keen to initiate a movement that appeals to the education board to revamp the syllabus in schools. With every person who joins in, the vibration of our intention will get stronger and make the difference we're asking for.

We can't keep waiting for someone out there to bring about change. It's our responsibility if we really want this desperately for our kids.

Today, let's teach the most important lessons to live a happy, successful and peaceful life.

Let's start a fire so that the light wipes out the darkness.

"Do not educate your child to be rich, educate him to be happy,
so when he grows up
he'll know the value of things and
not the price…"

–BK Shivani

22

RULES FOR THE GAME OF LIFE

The universal law states that nothing happens by chance or outside the given laws. Every action has a reaction or a consequence and we reap what we have sown.

As they say, it's never too late to start afresh. Let us try and understand the deeper meaning behind these laws.

Let's explore some rules that I have been adhering to, and consciously inculcating at home. If these resonate with you, you can include them in your life as well.

> What goes around comes around.
> Keep your circle, your words and your actions positive.
> Say good words. Think good thoughts. Do good deeds.

I know these seem like clichéd WhatsApp forwards and Facebook posts to you, but they're actually the GPS of life. If you follow the path they lead you down, you'll never be lost. In fact, they will always lead you towards your goals faster.

There are a bunch of laws of nature that govern us and the entire universe. It's like playing a game on your PlayStation where once you know the rules to get started, you can begin to score.

Soon after I began grasping these principles and following them, I felt a big shift in my life. I felt healthier and happier than I had felt in a long time. The more I adapted to them, the more it felt like the most obvious thing to do. "Why wasn't everyone using these?" is what I kept asking myself.

As I continued exploring, I started noticing that these laws worked unfailingly each time. I also realised that to work with life's magic and to make it work for you, you absolutely needed to follow these rules.

Across all our ancient cultures, these simple must-do actions were followed and that is what kept their communities thriving and healthy. What happened along the way? How did everyone turn so materialistic and disconnected that all the value systems moved to second place?

Now that I am a mother of two, I feel more strongly about restoring these to our kids. If they have strong roots, it won't matter what scores they get in school or college, or what careers they pick. They will turn out to be the right kind of human beings, thus creating a more peaceful and loving generation.

"The game of life is a game of boomerangs. Our thoughts, deeds and words return to us, sooner or later, with astounding accuracy."

–Florence Scovel Shinn, artist, book illustrator and writer

23

THE LAW OF ONENESS

"Every individual is a unique manifestation of the whole, as every branch is a particular outreaching of the tree."

–Alan W. Watts, writer and lecturer

Yes, we are all an essence of the same. We all come from the same divine source and we shall merge into it eventually.

We are all one.

How many times have we heard this? All our holy scriptures say it—be it the *Bhagavad Gita*, the *Quran* or the *Bible*.

"If you can see God (oneness) in everyone, you can never do harm to anyone."

–The Bhagavad Gita

Namaste (nam-as-tay) means "I recognise the divinity in you which is also the divinity in me" or in other words "You and me are the same oneness."

–Vedanta

"There is no God but Allah. There is only one God."

–The Quran

After all, we are all created by the one spiritual power call it God, Allah or what you will.

When we go seeking, we discover that there is only one divine power from where we all have come and to which we will all return.

Human beings have created different religions and have given different names to the Creator as per their interpretation of Him/Her. But then, in the process, we have divided ourselves.

We are all His/Her children and we are all ONE.

The different religions that we follow were simply maps charted out to reach the same destination.

Along the way, each religion brought in rituals, some of which had scientific values while some were born of superstitions. Superstitions led to fear and a clash of egos.

It became about 'my God versus yours, my beliefs versus yours, my identity versus yours, my sins and virtues versus yours'.

Just as each cell in our bodies is a part of us, has our DNA, genes and identity, we are each a part of our Creator and bear all His qualities.

"The beauty you see in me, is a reflection of you."

–Rumi

You have come here on earth to experience life. So have I and everyone else living at this very moment. How or what you experience here depends on the choices you make.

Everything that exists, seen and unseen, is connected to each other. The tree, the sky, the beggar on the street, the billionaire in his mansion, the neighbour you're irritated at, you, and I are all bound to each other via invisible cords. We breathe in the same air and it continues to happen countless times each day.

You are one with every single person you encounter in your life, whether it is your child, husband, wife, mother, father, friend, enemy or a stranger.

Once you understand this law, you will start becoming aware of the God-presence within everyone and everything, and you will feel more connected to God. You will realise that what you think or do unto others will be mirrored back to you sooner or later.'

This is the awareness of being one with all.

Each and every soul around you is there for a reason—to experience, to learn, to feel, to grow and to understand life.

"What you meet in another being, is the projection of your own evolution."

–Ram Dass, spiritual teacher and psychologist

"Whosoever kills an innocent person, it is as if he has killed all of humanity."

–*The Quran*, 5:32

"Islam means peace
Humanity is but a single brotherhood
So make peace with your brethren."

–*The Quran*, 49:10

AFFIRMATION

YOU AND I ARE

REFLECTIONS

OF THE SAME

GOD.

24

THE LAW OF ATTRACTION

"You are what you think about all day long."

–Ralph Waldo Emerson, essayist, philosopher and poet

Where your thought flows, energy goes.

We attract into our lives, people, things and events by the energy we transmit based on our thoughts. What we give is what we receive.

Every minute of every day, we are thinking as if on autopilot. Our minds are filled with thousands of thoughts at every waking moment. Are we even aware of what we are thinking or rather attracting?

Take a minute right now and pay attention to what your present thoughts are. What were they before you started reading this?

Were they positive, critical, fearful, angry? Why do you need to pay attention to what you are thinking? Why is it so important?

In the words of the Buddha, "What you think, you become, what you feel, you attract, what you imagine, you create."

Your thoughts create all your experiences, events and conditions.

Did you know this? Had you been taught this when you were younger, wouldn't life be easier to understand?

When I read this a few years back, I was amazed at the feeling that went through me. Is it true that what I am is because of what I think, that my life is actually created by my thoughts and that I couldn't blame it on God or Destiny?

So, does that mean that I am responsible for both the good stuff and the difficulties in my life? This must be a joke!

It was really an awakening! For the first time in my life I actually sat up and paid attention to what my thoughts were all about.

The first thing I realised was that my mind was constantly thinking of only that which was bothering me, stuff I was unhappy about. What a waste! And the more I thought about what I didn't want, the more I attracted it.

It was the most startling thing to accept and digest!

Did this mean that if someone was rude to me or hurt me, and I kept talking about it, I would be attracting similar situations to my life?

We are almost always thinking or rather worrying about something or the other. That translates into more situations which would keep us thinking and worrying!

Whatever it is that we are trying to get done during the day is either scaring us, worrying us or irritating us.

Stop right there. Alert yourself to the fact that these thoughts are creating your future. And now pay attention to what is manifesting in your life. Are they mostly situations that cause you to worry and get angry? If yes, then you know that this profound statement is true.

Nothing in your life is happening to you by chance. All the events, circumstances, people and possibilities are being brought into your life by what you are thinking every minute of every day.

In an interview on *Koffee with Karan*, Salman Khan spoke about how a fellow actor after a very tiring week of shooting had said, "Oh God, I am really tired. I wish God gives me a break", to which Khan had said, "Don't say this, you are so lucky you are working. I would love to be in your place." He then went on to say that the movie flopped putting this actor out of work, and that stuck in his head as a lesson for life. You should be really careful what you wish for as it might just come true.

Your thoughts decide what you are going to experience in your life. Every action is first a thought in your head. You can't take any action without first thinking about it.

Have you experienced this? You head out of home, dreading and anxious, praying that you won't bump into someone you really want to avoid. And who should you come face-to-face with? Naturally, the one you were thinking of all that time!

Or, you have been thinking of a friend you used to know at school and then out of the blue you see a friend request on social media from that very same friend!

Well, you're literally attracting these into your life by thinking of them over and over again with strong emotions.

So now, how do you attract people, things, and situations that you really desire?

Change your thoughts and you can change your life!

This is a very profound and life-changing statement. Believe me, it changed mine.

By thinking negatively, we actually block the good from coming into our lives. For instance, by worrying constantly about how there is never enough money to pay the bills we prevent the inflow of money. We also don't give due credit to the signs we are receiving from the universe, and are hence diverted from our life's path.

The moment you slow down and start being conscious of your thoughts, you get in a position to change them and by doing so, change the outcome. So, instead of thinking how there is never enough money, start being grateful for the little you have.

I was constantly reading about the law of attraction. It is something that has existed for eons but is often forgotten. Could I make it happen for myself?

I knew I wanted to believe in this and I wanted to experience the difference. So, I started paying attention to what I was thinking.

Every time I had a negative thought about somebody, I consciously chose to change my thoughts or think something positive about that person.

Soon, it became like a game I was playing in my mind called 'change that thought'. If I was turning pessimistic, I would try to think of the best thing that could possibly happen. If I was fearful, I'd imagine myself being brave and in control. If I was feeling unwell, I would imagine myself in perfect health.

You can't stop the brain from thinking, so you have to change your thought to a positive one. The best way to do that is with affirmations or positive statements.

In the words of Dr Wayne Dyer, "Change the way you look at things, and the things you look at change". Imagine that a simple change in attitude can create miraculous changes in your life.

Wow! My experiments began working and showing results. And it felt good because suddenly I was arguing less with people. I didn't necessarily have to prove my point, because in every argument it is not essential that one is right and the other wrong. We can both be right. After all, it is only about respecting each other's perspectives.

Since I was constantly visualising positive scenarios, I was attracting positivity around me. In fact, my life actually became more peaceful, and even the people who were the cause of my anxiety were either distanced or not in my life anymore.

If I could attract simple stuff and change what I was experiencing in my life, could I attract and manifest bigger, even more beautiful moments? Why not?

Let me share a secret. This was just the beginning!

"Your thoughts are the architects of your destiny…"

–David O. McKay, religious leader and educator

AFFIRMATION

I ATTRACT LOVE,
JOY AND PEACE
IN MY LIFE
BY THINKING ONLY
POSITIVE THOUGHTS.
I ATTRACT ONLY
POSITIVE SITUATIONS
IN MY LIFE.
MY MIND IS
POWERFUL AND LIMITLESS,
AND WHATEVER
I GIVE ATTENTION TO
IS CREATED IN MY LIFE.

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KARMA: THE LAW OF CAUSE AND EFFECT

"How people treat you is their Karma.
How you react is yours."
–Dr Wayne Dyer

This is the universal paradox:

"You are free to choose, but you are not free from the consequences of your choice."

As Indians, we are not new to this. We are all raised with the belief that we are either playing out our karma or that we will pay for it.

'Karma' is a Sanskrit word meaning action or deed. It refers to the spiritual principle of cause and effect, where intent and actions of an individual influence his/her future.

Good intentions and deeds contribute to good karma and malicious ones constitute bad karma. It's not only what you are doing but the underlying intention with which you're doing it that is most important.

Karma is like planting a seed in the ground. If you plant a mango seed you will only harvest mangoes. You know this without a doubt. You cannot expect to have apples growing from it. Similarly, your actions will bear fruits which will correspond with the nature of the actions and you and only you will have to experience them.

This is after all one of the primary laws of the universe and of existence itself—the law of cause and effect. We read these in school: 'As you sow, so shall you reap'; 'what you give, you shall receive'.

What do all these statements imply?

This one basic and most important law says so much that if each of us understood and followed only this law, our world would be a peaceful place. No

one can skip the consequences of their own actions because no one is outside this law. Visits to holy places and offerings in return for favours cannot change what you yourself have created.

It's what you have done that has brought you this.

Have you ever noticed 'karma' in action? Look around you and you will find all kinds of proof of its handiwork.

Consider a middle-class family of four where both parents work and the wife still manages to offer free tuitions to the domestic help's children. A few years later, the children from her family not only score well academically, but go on to marry the right people and flourish. That's 'karma'.

Think about a guy who uses the last note in his wallet to buy a meal for a poor child. Magically, he recovers some lost money or gets a job which has an in-house canteen where the food is paid for. That's also 'karma'.

The uncle who provokes his nieces to take their brother to court watches his own sons fight a legal battle in the same court three years later. That's 'karma' too.

The person who makes a few extra thousands by taking advantage of someone's helplessness is conned one day by an even bigger scamster. 'Karma' again.

Today is a reminder to you that karma or your action or deed is the truth of life. Whatever you do will come back to you; so be aware and take your actions accordingly. Spread joy, love and happiness, be peaceful and give abundantly, because obviously that is what you want for yourself.

To receive love or respect from another, you have to give it first.

You know that you take nothing with you when you depart, except your soul memories and the fruits of your karma. So, make sure you have beautiful memories and positive karma to take with you.

If you, me and everyone else truly understood the meaning of 'what you do will come back to you and what you do to another you are actually doing to yourself', we would think twice before harming another or treating anyone badly. Imagine a world where each of us would be consciously taking the right step and doing the right thing.

If we start right now, we can still make all the difference. When we make this as important as math and science, we would have brought about a transformation.

Karma has no menu, you get served what you deserve.

When we understand that karma will always bring back to us what we served to others, we would serve nothing but the best.

AFFIRMATION

TODAY I GIVE ONLY

WHAT I WANT
TO RECEIVE.

SO TODAY I CHOOSE
TO GIVE

LOVE, JOY,
HAPPINESS
AND PEACE

TO EACH AND EVERY
SOUL AROUND.

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THE LAW OF VIBRATION

"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."

–Nikola Tesla, inventor

You must have heard people say things like, "I don't like the vibe of that person" or "our frequencies don't match!" Or, upon entering a place you liked, you may have thought: "I love the energy of this place."

There is a reason we talk this way because at our soul level we already know that we are all energy.

We are not human beings having spiritual experiences but rather spiritual beings having human experiences. We are all energy vibrating at different frequencies.

Science, through quantum physics, has shown us that everything in our universe vibrates, including you and me. We are all part of the same ocean of energy.

If we could film every object and living being on this planet with special cameras, all we would see is a dance of frequencies and vibrations. Every particle of matter, whether solid, liquid or gas, is actually a function of this energy, and I can never tire of repeating this again and again.

You, me, the chair you're sitting on, the book you're reading, the relationship you share with someone, even your home space, are all vibrating.

Solid matter is energy resonating at a level different from that of living beings. Our thoughts and feelings are signals we send out to the universe as vibration.

An unseen chain of events is set in motion by you, only because that's the message you're sending out into this vast universe of frequencies, which responds back to you with the vibration you send out.

Each and every one of us is responsible for the life we create for ourselves, and the universe around us. Imagine having a conversation with this vibrational

universe:

You: I'm not a creative person.

Universe: Okay.

You: There's never enough money to buy everything I wish.

Universe: Okay.

You: I could never be a successful entrepreneur.

Universe: Okay.

Whatever you are thinking in your head right now is giving shape to your future. What you think in your mind and how you feel in your heart are the creators of your destiny and even your physical health.

What you think and how you think is reflected not only in how your life plays out but in your body as well. Negative thoughts manifest as dis-ease in your body.

Once you understand the importance of the vibrations of your thoughts and feelings, you will see how important it is to pay attention to what you are thinking.

Positive feeling = positive circumstances

Negative feeling = negative circumstances.

The whole universe is a reflection of our mind. The mind is where it all begins.

So, what would happen if we changed our messages, and hence the frequency we sent out into the universe?

You: I attract only loving, kind and honest people.

Universe: Okay.

You: I have all the money I need to fulfil my wishes.

Universe: Okay.

You: I attract true love.

Universe: Okay.

You: Whatever is happening is working in my favour.

Universe: Okay.

This list can go on. We all know that we're goofing up when it comes to composing our outgoing messages.

No angry God is punishing us. We punish ourselves through our thoughts. The thoughts that we keep thinking and believing to be true are the ones brought into our reality.

Yes, I know it makes you want to bang your head on the wall. But don't. It's never too late to start afresh. Like late bloomers, you can still win at this game and have a

fabulous conversation with the universe.

Why not transform your own life just by vibrating on a different frequency?

AFFIRMATION

THE FREQUENCY
ON WHICH I
VIBRATE
IS A CHOICE
I MAKE.
SO, I CHOOSE
TO VIBRATE
ON THE FREQUENCY OF
LOVE,
PEACE
AND JOY.

27

THE LAW OF CORRESPONDENCE

"Your outer world is a mirror of your inner world. Your outer world of your relationships—especially with your children and spouse—simply corresponds to how you feel about yourself, how you're doing."

–Brian Tracy, motivational public speaker and author

There is a direct correspondence between the way you think and feel on the inside and the way you act and experience on the outside. Your health, wealth and position are a mirror image of your inner world.

There are different kinds of people. Some have faith and confidence and when you see them, you know they were born to succeed while there are others who are afraid and anxious. You see them only complaining and their lives are full of suffering. And then there are people who are always jealous and full of resentment towards others.

So, when I read the following words it made absolute sense:

> Your outer world is a reflection of your inner world.

Oh God, another life-changing statement! So, what I was judging others for was in reality in me? My experiences in the outside world were just indicative of what was going on within.

We are not angels or saints. We came into this planet because we had our lessons to learn. We chose this specific birth only so that we could encounter those situations that would help us learn those lessons and evolve.

Obstacles, difficult people and challenges are all things we had prepared ourselves for prior to our births. It is believed that if we aspire to have a life of bliss and attain a Zen state of mind, it is imperative that we work around these. To free ourselves completely and to pass these exams of life, we attract more of such situations so that we can clear ourselves of all those unresolved issues hiding within us. It is best to imbibe our lessons at the earliest because life has a way of repeating situations until we have done so.

We could be holding on to a grudge. We're bound to draw into our lives situations or relationships that will need us to forgive or seek forgiveness and let go.

It is the same with anger, disputes or even the lack of love in our relationships. It is probably our need to learn kindness, peaceful communication and unconditional love that brings these situations into our lives in the first place.

If we resist, we will find it impossible to move forward.

We're being shown the mirror only so that we can wipe it clean.

If our lives are filled with unhappiness, chaos and negative events, it is because that is how we are feeling inside. If we continue to hold negative thoughts and feelings internally, our outer world is going to be filled with turmoil and strife.

Make a list of situations that have been recurring constantly or bothering you. Is there a pattern there? Can you see yourself breaking the pattern?

Say you've moved house three times in the last ten years and somehow you have always ended up with a neighbour who is not friendly or cooperative. What can you do to resolve this and heal your pattern?

Perhaps you could initiate the process by being a good neighbour yourself. Start by sending something you cooked today or offer to let him/her park in your usual spot. You can set off a chain reaction and make something wonderful happen. But the onus lies on you.

Henceforth, let's start focusing on the good things in our lives. Start talking about what we want and stop complaining about what we don't have. It is what we think, speak and do which creates our destinies.

> To change our outer world, we first need to change our inner world.

We cannot have fearful thoughts and feel hatred and expect love and peace to come into our lives. What we constantly need to remind ourselves of is that our reality will always reflect our inner beliefs.

So, to experience a loving and peaceful world around us we have to become truly loving and peaceful within.

AFFIRMATION

I HAVE THE POWER TO

CHANGE ANYTHING

AROUND ME,
BY SIMPLY CHANGING

MYSELF.

28

THE LAW OF POLARITY

The Law of Polarity says the OPPOSITE of what you don't want already exists. Change your thoughts and you change your life. This law allows you to change your reality.

What this means is that what you desire already exists. It doesn't have to be created for you.

You can always choose to have a different experience, emotion, feeling and reaction.

Sets of opposites often find their way into our conversations. Here are some examples:

"We're like North Pole and South Pole."

"Our eastern culture versus your western culture."

"You guys are like Laurel and Hardy."

"The yin and yang need to balance."

"It's all there in black and white."

"There's a day-and-night difference."

Contrast is essential to reflect the beauty of creation where everything exists in opposites—right and wrong, male and female, good and bad, illness and wellness, etc.

No experience is without its opposite. The state of having two opposite tendencies or extremes is called polarity.

This law states that these opposites are simply different manifestations of the same thing; they are actually part of the same spectrum, and one cannot exist without the other.

"Your joy is your sorrow unmasked.

And the selfsame well from which your laughter rises was oftentimes filled with your tears.

And how else can it be?

The deeper that sorrow carves into your being, the more joy you can contain.

Is not the cup that holds your wine the very cup that was burned in the potter's oven?

And is not the lute that soothes your spirit, the very wood that was hollowed with knives?

When you are joyous, look deep into your heart and you shall find it is only that which has given you sorrow that is giving you joy.

When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight.

Some of you say, "Joy is greater than sorrow," and others say, "Nay, sorrow is the greater."

But I say unto you, they are inseparable.

Together they come, and when one sits alone with you at your board, remember that the other is asleep upon your bed.

Verily you are suspended like scales between your sorrow and your joy.

Only when you are empty are you at standstill and balanced."

–From 'On Joy and Sorrow', Kahlil Gibran

This is one of the most beautiful poetic expressions of experiencing and accepting both joy and sorrow in our lives. It also is, in essence, a reminder to take all things in our stride. We are here on this planet with a physical body and five senses. Our journey would be incomplete if we went through a calendar that only had days, but no nights, only joy and laughter but no tears, only music but no silences.

Just as a carpet-weaver includes strands of every colour, our Creator has woven various strands into our lives so that we can witness life in all its glory.

For you to know what happiness is, you have to experience sadness. If you didn't know what poverty is, you would not know what it is to experience abundance. Similarly, for every thought, feeling and emotion, there is an opposite so you can know one from the other.

This law also helps us to know that within every problem you face lies a solution. Hence, a problem and a solution are just different ends of the same pole.

Even if you are facing ill health, know that within you is the possibility to experience the opposite of that, provided you can make the conscious decision to

choose its vibration.

Your focus, or whatever you give attention to vibrationally, is what can come into your life. The moment you sense a negative thought seeping in, try and replace it with a positive one. The moment you are sad about something, think of something that makes you happy.

You have the choice to experience either end of the spectrum by choosing the right vibration. How to choose the right vibration is the awakening you are looking for?

By understanding and knowing your true self, and by understanding these basic laws of nature, you can become the creator of your life and find the magic in you.

"The Law of Polarity decrees that everything has an opposite, it's the flip side of a coin, your right – my left, the front – the back, consider this the next time you disagree with someone because they are right from their point of view."

–Bob Proctor, author and motivational coach

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APPLYING THE RULES

"I have been impressed with the urgency of doing.Knowing is not enough; we must apply. Being willing is not enough; we must do."

–Leonardo da Vinci

There's no fun in knowing the rules of the game if you don't want to play.

That's what makes us spiritual beings (with physical experiences) so fascinating.

I have described a few basic laws of the universe. There are many more but I have chosen the ones which have impacted me greatly.

I urge each one of you to really understand them and live a more awakened life.

The first time I read these laws, I said to myself, "I know these already, so what's the big deal?" We all know that we have to pay for our sins, be good to others, and so on. But it's one thing to read or hear all this and another to practice it after really grasping the essence.

I did not bother until I realised that these are laws that govern how our lives unfold; these principles, if paid attention to, can actually empower and help to create the lives we dream of.

"I attract people and events into my life with what I think and do and whatever I do has an effect not only on me but also on everyone around me".

Wow! Another awakening! It suddenly hits you like a bolt of lightning.

So, I have the power to control and change not only my own life but also those of others around me because we're interconnected.

It was quite overwhelming when I digested this. Was I really so powerful as an individual?

Could I really influence those around me by changing myself? Could I really make a difference?

My self-critical, cynical self was honestly quite doubtful. I obviously needed to dig deeper to understand myself before I could go any further.

So, I asked myself these questions to know how far I was following these principles:

What do I think of myself?

What are the thoughts that I am thinking?

How is my life right now?

What is it that I want to attract into my life?

What kind of people and circumstances are presently in my life?

What do the people around me think about me?

How would I like the people around me to treat me?

How are my relationships with people?

How would I like my relationships to be?

Oh my God, acknowledging your honesty is also something you have to get used to. When I asked myself these questions, I was shocked at the answers I got from within me.

I lacked confidence, constantly unsure of whether I was doing the right thing. My anger and depression prevented me from doing the myriad things I wanted to do. In the process, I blamed others. I am sure that this feeling of helplessness is experienced by all of us from time to time.

Obviously with thoughts like these my life was a mess. I attracted chronic illnesses into my life. My fear attracted freaky accidents; my daughter was hurt badly while playing at a friend's house; my husband and I were constantly fighting because of unrealistic expectations and judgements; and I wasn't getting along with friends or family.

That's when I decided I am going to apply these principles into my everyday life to bring about a change. I started putting into practice whatever knowledge and wisdom I was gaining from the books I was reading.

I started paying attention to my thoughts and made it a point to be aware that whenever I had a negative thought about someone, I would stop and find something nice about that person or simply stop thinking of that situation.

I began learning to forgive myself, my past and others. And more difficult than that was learning to actually love myself.

This is the starting point for everything to change. I suggest you start from here too. I began by loving myself for who I am!

Look at yourself in the mirror and forgive yourself for everything. Start with giving yourself what you would like to receive from others. Accept yourself the way you are; remember, no one is perfect. Go ahead and be what you wish to be. No one is stopping you except your own mind! Stop restricting yourself.

Today, start being the person you want to be without shying away from what the world has to say.

I made a list of all the things I wanted for myself.

I chose to change who or what I am because I truly believed that this is what I needed to find my true calling.

I chose to be kinder and more loving because I wanted to receive love and kindness from others. I wanted to be happy and peaceful. I wanted to be someone who everybody loved. I wanted to be an inspiration for everyone I met and when it came to achieving this, I put no limitations on myself.

I simply went forward and did what I was divinely guided to do. I had the desire and God showed me the way. I started by trying to see the good in every soul I met. Even in case of disagreements, I sought lessons that God wished for me to learn.

So, whatever you desire to be, have conviction. Erase all trace of confusion. With complete faith, declare, "This is what I want", and see the doors open up for you. God is waiting for you to make up your mind. Use your free will to decide and then see the opportunities come your way.

You will see the magic once you are ready for it.

"When the student is ready the teacher appears."

What this means is that once you know what you want to be, all opportunities which were always there but not visible so far will become so because now you are ready for them.

I made up my mind to make these changes. Obviously, it required dedication and effort to re-programme myself. But
it was worth it.

But what about my subconscious thoughts which surface while I sleep at night? Those are even worse! So, I stopped reading newspapers at night or watching TV shows which could have a negative impact on my mind. Instead, I got addicted to all these wonderful books that I had drawn to my collection.

To stop myself from worrying about and fearing life so much, I prayed for guidance from the universe and started believing that God was taking care of me and guiding me every minute of every day. To help me think good thoughts I started using positive affirmations. This practice helped replace the fearful thoughts in my head with happy ones.

I became slowly aware and focused on myself and not others because I was the one so eager to change. I started giving more of what I wanted to receive and so I stopped discussing other people. I stayed away from arguments when I had a difference of opinion with someone and gave respect and gratitude to every person I came across.

I started writing down the affirmations and read and repeated them in my mind every morning and night or whenever I had some free time.

Eventually my mind got so busy healing itself that I had no time to think negatively about anyone or have fearful and worrisome thoughts.

I also started appreciating and being thankful for what I had instead of cribbing about what I didn't. Gratitude makes magic happen. When you are busy thanking God for every small blessing in your life, you are filled with a feeling of absolute contentment.

Kindness, gratitude and mindfulness are favours you are doing to yourself because it is your deeds and actions that create your life. When we pass away no one is going to remember our clothes or make-up or accessories. But they will definitely remember how we made them feel when they were with us.

Today I truly believe that God is with me every step of the way and I actually talk to Him as if He is right here beside me, listening to me and guiding me.

Once you start paying attention to the wonderful and subtle ways in which God communicates with you, you will keep smiling throughout the day. It's incredible just how beautifully God speaks to me; every single day I see signs and get messages that guide me towards what I am asking for.

What you see as a coincidence in your life is actually the Creator speaking to you.

These small coincidences or SYNCHRONICITIES, as I call them, are God's way of communicating with you.

For example, I was looking for something or someone to help me heal my digestive issues and I kept telling the universe to find me the perfect book or doctor. And guess what! I went to the bookstore and picked up the perfect book called *The Detox Diet* by nutritionist Shonali Sabherwal which was exactly what I was looking for.

I had chosen to practice the laws of the universe. These simple changes that I had made within myself transformed my entire life. I could literally feel the energy change; it was magical. And as I changed, I actually started bringing about a transformation in the people around me as well.

My friend Priyanka and I have been close but we've had our share of fights and arguments. Once I changed my attitude towards her and just let go of what had happened in the past, our relationship improved. A person who had never read a book in her life started reading.

I bought Rhonda Byrne's *The Magic* for her to help her through a confusing time in her life and the shift she felt was fascinating. There was a time when she would wake up late and chat on the phone for long hours, and was extremely restless with no real goals in life. She is now someone who wakes up early, sends her kids to school and owns a salon which she handles herself.

She now says, "Practising gratitude has brought magical changes in my life and I will never stop the practice".

Now that you know this, be the author of your life. Re-write chapters which don't resonate with you anymore. Take charge and don't feel obliged to live a life

different from the one you have envisaged for yourself.

Think about what you want more of in your life—if you want love, be more loving, if you want abundance, be more giving as the more you give the more you will receive. Giving is not always about money—give more love, spread joy. Find a peaceful solution to all problems. Spend time with the needy, give to someone without expecting anything in return.

Life is all about giving. The more you give, the more the universe gives back to you; the more you take, the more the universe takes from you.

I'm not kidding. All of these work and how! The laws are not special, nor are they partial. They belong to the universe and so are 'universal'. They can work in everybody's favour as long as someone is using them. You can't bend them, break them or trick them. The only way to manifest awesome stuff in your life is to flow with them.

My journey with magic began with these most basic of laws. You will naturally observe more and more of them, now that you know. Apply these and I'd love to hear from you about your experiences. Who knows, I may learn something even more magical!

"There are universal rules to this game called life. Learn the rules and you'll master the game."

–Justin Perry, author of *I Wish I Knew This 20 Years Ago: Understanding the Universal Laws That Govern All Things*

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FREE WILL—MY CHOICE, MY DECISION

"Life is like a game of cards. The hand you are dealt is determinism; the way you play it is free will."

–Jawaharlal Nehru

"It's my life; my worries; it's my life…," as the song goes.

When we were children, our parents made choices for us deciding what clothes we would wear, the school we would go to, the books we would read, the food we would eat, our bedtimes, etc. As we reached middle school, we started making some choices on our own, like who we want to be friends with, which subjects we like and which hobbies we want to spend our time on.

By the time we reached college we were free to choose our own careers and where we wanted to live. It felt very liberating and even overwhelming. We were finally allowed to make our own choices and we were free to do what we wanted, where we wanted and how we wanted.

We've had free will all along but we have often handed over the remote control of our choices to others even though we can choose how our lives will unfold.

Yes. You choose for you. I choose for me. They choose for them.

Free will is a gift from God that we all have. It is like ordering food in a restaurant; we can have whatever we ask for. The possibilities are endless. Place your order now.

If you recall the outbursts you had as a teenager and compare them to the tantrums teens throw now, you will notice that there are barely any differences. We all have said the same things: "I want to live my life my way!", "Why can't you let me do what I want?", "Stop trying to control me all the time!"

When someone tries to control us, we are absolutely miserable. We want to be the masters of our lives, decide for ourselves and choose our own journeys. We don't want to be controlled by people or circumstances.

Freedom is our birthright; it is a God-given gift.

No one else has the right to control my journey as this is my path. Others may walk with me but no one can walk it for me.

Free will is the power to make decisions on our own; it empowers us to create the lives we wish to have. Free will gives us the chance to choose what we wish to experience in our lives.

Many a times we hear people saying, "What's the use of changing myself? The world is not going to change". So, instead of trying to change the world, I said, "Let me try changing myself as that is my free will and it is completely in my control".

This mantra helped me come to terms with the futility of getting upset over situations which are beyond my control. Even with my own daughters, I realised that I had to accept them as individuals with their personal likes and dislikes.

Saniya is 18 and Diara 12. As their mother, more than anything else, I wish to see them happy and peaceful at all times. But, as much as I love them and want to protect them from mistakes or pain, I have had to accept their free will as well.

They will have their share of ups and downs as a result of the choices they make. We as parents can hold their hands for a while by instilling in them the right values and guiding them towards making the right choices. But ultimately, their life course will be determined by their own decisions which will be based on their free will.

It is our moral responsibility as parents to guide our children but God has also given them divine intelligence and free will, which, if controlled by us, will never let them be successful or happy.

Take responsibility for all your actions. Stop blaming another for your debacles. You, and only you, can make the choices, thus leading to the corresponding results.

What can you use free will for? You decide.

It could be the colour of the dress you wear, the route you take to work, the flavour of ice-cream you will have tonight, the friends you want to hold on to for life, the person you want to spend your life with, etc.

If you choose to compromise, feel like a victim and feel that you have no option left, that too is a result of your free will. You freely chose to feel like that.

A big part of manifesting anything in our lives is to have the courage to go after it and take the effort to make it happen.

If you want that strawberry ice-cream, ask for it.

If you want that friendship, hang out with him/her.

If you want that love, build that relationship and have the courage to stick it out against the odds.

If you want to fulfil that childhood dream, pursue it with every drop of blood flowing in you.

If you feel it in your heart that it is the right thing to do, then get over your fear and the blame games and go for it.

There are enough stories out there to inspire you and the whole universe is willing to conspire in your favour. *But be willing to make the choice!*

"Parents often think they are here to guide the little ones. When – in reality – the little ones come forth with clarity to guide you."

–Abraham Hicks

31

A CHAIN REACTION

Our choices always set off a chain reaction; the only thing in our control is what we choose.

"The problem with revenge is that it never gets what it wants; it never evens the score. Fairness never comes.

The chain reaction set off by every act of vengeance always takes its unhindered course.

It ties both the injured and the injurer to an escalator of pain...

Why do family feuds go on and on?

The reason is simple: no two people, no two families, ever weigh pain on the same scale."

–Lewis B. Smedes, author

With every intention is attached an emotion that converts the thought into action. This simple equation sets into motion an unseen chain of effects. This means that the seed which is the thought holds immense power.

For example, if you are the man of the house and have had a disappointing day at the workplace, you might come home and find reasons to pick a fight with your wife.

She then slips into a foul mood and in turn finds fault with the home staff which results in them carrying the negative emotion into their homes!

Do you now see how your response to the situation at work led to a chain of reactions amongst so many people? This is the power you wield!

Now, imagine a different scenario. Your driver is unwell. You take him to the doctor who prescribes the right medication which makes him feel better. The

driver feels better and goes home happy. His whole family feels grateful, and in turn, they bless you for the kindness you displayed. One good turn led to many more situations of positive emotions.

Happenstance (2000) is a French film based on the theory of the butterfly effect. Starring the award-winning actress Audrey Tautou, it is based on a cleverly constructed screenplay and is, as a critic described it, a mystical love story.

In the 1970s, it was first described in relation to meteorology, from the notion that a butterfly fluttering in Rio de Janeiro could change the weather in Chicago. The butterfly effect refers to the triggering of a chain of reactions that cause something completely unrelated to occur.

In the film, two strangers, a boy and a girl, sitting in a train listen to a passenger woman read out their horoscopes which say that they will find love that day. Both go their own ways, enchanted, but too practical to believe in what they have heard.

From then on, several incidents take place, all of which are a part of a larger jigsaw leading to a grand climax.

Of course, we know that the boy and the girl are meant for each other. But how are they supposed to fall in love if they don't meet after getting off that train? They don't even cross paths again.

But that's what synchronicity is all about. Although seemingly unrelated and irrelevant, our smallest disconnected acts can set off a chain of reactions which eventually influence our lives and bring us closer to our desires.

Yes, they meet.

And yes, all the events which did not even involve them were related to their ultimate destiny.

Yes, this is happening for all of us right now—behind the scenes while we are going about our ordinary lives.

Yes, the odds are working in our favour.

We wield the power to initiate a chain of happy reactions and simultaneously make incredible things to happen.

"Every choice you make different from your routine causes a chain reaction, like Dominoes. It touches everyone around you and beyond, it multiplies exponentially. Do you realise what it means to make such choices, everyday?"

–Anonymous

The trick is to allow things to happen.
Believe that everything that is happening, is part of the grand design.
Perform random acts of kindness and let the magic unfold!

32

BELIEF SYSTEM

As a man thinks in his heart (or subconscious),
so is he.
According to your belief it is done unto you.
Whatever dominates your mind, will come into
your life.
What the mind can conceive and believe, the mind
can achieve.

Whatever you think about your world and the people around you is what forms your belief system. A belief is nothing but a sustained pattern of thought. What you think and accept as the truth about anything forms your belief system, and whatever you believe to be true in your inner being will come to pass.

Now you know that you have the choice or free will to begin a new pattern or tell a different story to achieve a different vibration. You can start by changing what you attract into your life which will subsequently lead to a positive belief system.

You may be a kind, loving and compassionate person, but if you have fear and anxiety in your mind, you will attract illness or failure into your life.

On the other hand, you could be ruthless, selfish and mean, and yet fearless. You could then get away with anything because in your mind you have been programmed to believe that it is fine. Your strong belief system may seem wrong to the world but you are convinced that what you believe is the right thing to do. Once you do what you believe is right, the law of karma will take over.

We have realised that we are what we think about all day long. Conclusively, we will experience in our lives whatever we believe to be true.

We are born into a certain kind of family and grow up with a set of religious beliefs and value systems. All of these form our belief system.

Belief systems can affect our lives greatly in both positive and negative ways.

For example, I could have been born into a family with strong religious beliefs which compelled me to wake up early, go through a set of rituals, eat only vegetarian meals and have a certain pre-decided understanding of God. The good that comes out of this is perhaps the discipline factor.

But, at the same time, all these practices might make me very rigid and less tolerant about my surroundings. This means that while it is very important to have a belief system, one should be conscious of not overdoing it.

There are three factors that play a role in anything unwanted happening seemingly out of the blue: beliefs, emotions and habit of thought. Whatever we think about, emotionalise and believe to be true will come into our lives.

Make a list of all the things you feel you are good at and all the things you think you are not so good at. Now analyse them—each of these traits points to a deeper truth.

Perhaps as a child you were told that you are not good at something. This message got picked up by your subconscious mind and got lodged there for future repercussions.

Your inability to do or accept certain things might seem illogical but upon scratching the surface you will realise that they have their roots in either people saying you can't do something or an inherent fear within you with regard to those things.

Once you become aware, you realise your own potential and then nothing can stop you. Today, there are a lot of ways in which you can train and retrain your mind to overcome certain beliefs you may have formed, thereby enabling you to live up to your true potential. It's about learning and gaining the right knowledge.

There are people out there who have done unbelievable things when faced with seemingly insurmountable challenges. People with physical disabilities have climbed Mount Everest and participated in marathons, people with apparently incurable diseases have survived against all odds, and so on.

How did they do it? What makes them different from you and me? They were determined to not let a disability or disease be a limitation for them. They believed anything was possible. They stopped thinking that the disease was incurable and that a physical disability could stop them from achieving what they wanted to achieve. They opened their minds to unlimited possibilities.

> When you set your mind to something and believe you are capable of doing it, you are divinely guided and blessed and God shows you the way. Nothing is impossible for any of us if we just have faith in our inner selves. Then, God himself becomes our partner.

In my case, I say that God was my invisible partner while I was writing this book. I was not a writer and had no formal training in it either. What I had was this burning desire to share both my experiences and the magical changes that my life had undergone once I altered my thinking.

When I stopped putting limitations on what I was capable of doing, the IMPOSSIBLE became 'I M POSSIBLE' and this book turned from dream to reality.

I am capable of achieving whatever I dream of doing. If you don't believe in your own capabilities, you are at the mercy of your circumstances and at the mercy of what happens to you. You are giving away your power, and you are always finding someone to blame for your life not turning out the way you wanted it to.

Not realising your own true power and underestimating your own capabilities is unfortunate and unhealthy. Look around you and see what some people have achieved under the most difficult of circumstances. What is stopping you from doing the same?

When my little girl can empower herself to become a baker so that she can eat all the gluten-free treats she loves, what is stopping you from doing the same?

It is only you who is stopping yourself. It is your own belief system that is not allowing you to reach your full potential.

> You, like everyone else in this world, are capable of achieving greatness.

You, like everyone else in this world, have unlimited possibilities.

You, like everyone else in this world, can create miracles.

Today, change your reality, begin to live by this belief and see your beautiful 'self' rise and shine.

We keep setting boundaries for ourselves by saying, "Oh, I'm not a good dancer" or "Oh, I was never good at math" or
"I can't handle accounts". Start by changing what you believe about yourself.

If you believe life is difficult, life will be difficult; if you believe you are not capable, then you will not be.

But, if you believe life is beautiful and everything comes to you with ease and joy, trust me, it will be so and even if challenges come your way, you will face them gracefully and overcome them with ease.

Your belief system governs all aspects of your life. Believe in yourself and your unlimited potential. Decide what you want to do or be. Then focus all your energy on what you want—dream it, feel it, visualise it.

"You can have anything you want, if you are willing to give up the belief that you can't have it."

–Robert Antony, author

AFFIRMATION

TAKE THE NECESSARY STEPS
TO ACHIEVE IT AND SAY,
'NOTHING IS IMPOSSIBLE FOR ME.
I AM UNLIMITED POSSIBILITIES AND NOTHING CAN
STOP ME FROM
ACHIEVING WHAT I WANT TO ACHIEVE.
GOD IS MY PARTNER IN THIS
AND GOD ONLY KNOWS SUCCESS.'
SAY THIS, BELIEVE IN THIS,
AND SEE HOW MAGICALLY YOUR LIFE CHANGES.
'WHEN I HAVE THE COURAGE TO TRUST THE UNIVERSE
AND REACH FOR THE SKY,
ANYTHING IS POSSIBLE.'
'I AM A FEARLESS SOUL.'
'I BELIEVE I AM CAPABLE OF ANYTHING.
I AM UNLIMITED POSSIBILITIES.'
'I AM A MIRACLE WORKER, AND WHATEVER I WISH FOR
COMES TO ME MAGICALLY.'

3

THE MAGIC BEGINS...

33

THE MAGIC OF PRAYER, SPIRITUALITY, MANTRAS AND MEDITATION

"If every 8-year-old is taught meditation, we will eliminate violence from the world within one generation."

– The Dalai Lama

(And, why don't we do that?)

Prayer, spirituality, mantras, meditation—are they all the same?

If I am chanting a mantra, am I praying?
If I am religious, am I spiritual?
Can I meditate if I'm not religious?
Is it okay to be spiritual but not pray, and yet have my prayers answered?
If I chant a mantra without feeling, will it work?
Can only Hindus chant mantras or Christians sing hymns?
I've never learnt formal prayers. How do I pray?
Why should I pray? What's the point?

If you have these questions popping up in your head, that's wonderful! For years, I had them too. Growing up in a regular Indian household, you cannot escape religion, rituals, chants, holy places, holy books and holy people. Sometimes, you have so many religious days at a go that you actually want to avoid it all and run away.

It can get quite overwhelming especially when we have our own queries which the elders might find blasphemous or treat as rebellious. Some of us give in reluctantly and some of us enjoy it to the hilt.

But, now, I would like to ask you:

How do you pray to God?

Do you listen to His answers?

Do you think you can hold a conversation with Him?

Often, we find that rituals are just the products of blind faith or superstition. There's no logic or science behind them.

But science and spirituality have a connection after all. Let's not forget that we are energy at our core and so are our rituals, no matter which religion we are raised in. The greatest scientists including Albert Einstein and even the late APJ Abdul Kalam were spiritualists.

> **"One of the most important functions of prayer is to act as a stimulus to creative ideas. Within the mind are the resources required for successful living. God, our creator has stored within our minds and personalities, great potential strength and ability. Prayer helps to tap and develop these powers."**
>
> **–APJ Abdul Kalam**

For me prayer is a way of communicating with God by connecting to my inner being. By silencing my mind and asking for what I need to know, I tune in to the answers I receive. I believe that all that we seek is within us.

This book lays out all the lessons I have imbibed.

Growing up, most of us were instructed by our elders to turn to God for whatever we might need. We were told to seek His blessings to help us tide over situations. Perhaps, what they were trying to tell us was that we mortal beings have limited power and unless we seek His help externally, our wishes will not be fulfilled. To some of us, it also means that if we do not follow specific rituals, we would be kept waiting.

Also, because of our trust in God's benevolence, we tend to leave everything to Him.

So, as a child, prayer for me was always an external act of asking.

Over time, I realised that prayer is a process of connecting peacefully with our inner being or our heart's innermost desires, which then guides us to what we seek. With this realisation, my prayer shifted from asking to having a conversation with my Creator. This conversation consisted more of listening where I would share my thoughts and queries and patiently wait for signs and answers. The most

important part of prayer which is ignored by most of us is watching out for or listening to the signs. Every time you ask God or the universe for something, you will receive the answers without fail. It is about tuning in to receive them.

Today, you are learning how to tune in to the frequency of listening and understanding how this magical universe responds to us or answers us every time we ask for something.

If we can silence the noise and distractions around us, we will get the answers we are looking for or find whatever it is that we are seeking. This inner voice which guides us is what we call intuition or gut feeling. Unfortunately, most of the time, we tend to ignore this. Little do we know that intuition is God whispering to us the answers we often ignore.

But then, why is it that some prayers are answered and some are not? Why does it feel at times that God is not listening to us?

As you shall believe, so shall you receive. This is one of the principles of life. It means that whatever we are asking of God shall be granted only if we in our hearts believe we deserve it. Further, we should trust that the answer to our prayers will always be for our highest good.

We Indians are not only very religious but very superstitious too. More than praying to God, we try to please God or bribe Him into giving us what we want. We also fear that this Divine entity up in the sky is always watching us and judging us for all our deeds. We are always appeasing Him so that He forgives our sins. We keep chanting His name, giving as much money or offerings as we can afford in the hope that He will be pleased and overlook our flaws, and grant our desires in return for these bribes.

I have often observed that my own helpers and many of their neighbours fear God, instead of befriending him. On any religious festival, they feel compelled to follow rituals and make offerings at any cost. Be it Ganesh Chaturthi, Navratri, or any other festival, they feel compelled to follow rituals and make offerings at any cost. They often deprive themselves of basic necessities to fulfil their obligations towards God. Over generations, they have been entrapped in blind faith and ignorant about the true essence of religion. To conduct religious activities, they even take loans which need to be repaid in instalments all through the year. The compulsion they feel to please their deities borders on fear.

In the process of attempting to escape the wrath of their Gods, they are dragged into the vortex of misery.

But, is it even logical that God would be pleased with your bribes? Wouldn't that make Him partial? Or would He punish you for your sins, thus making Him temperamental like us humans?

In all of this, if we only stopped and actually paid heed to the simple truths put forth by our holy books, we would be leading more content lives.

"He who has let go of hatred, who treats all beings
with kindness and compassion, who is always serene
unmoved by pain or pleasure, free of the 'I' and 'mine'
Self-controlled firm and patient his whole mind focused on me
That is the man I love best…"

–The Bhagavad Gita

Spirituality v/s Religion

"I believe that the only true religion consists of having a good heart…"

–Dalai Lama

One of the most important questions about God and religion concerns spirituality and how it fits into all of this. The word itself is born from the root word 'spirit'. It's what resides in us.

I read a perfect example this morning about how the kindest of people don't even go to a temple or mosque while there are people committing terrible crimes and being perfectly religious. The more I thought about it, the more it felt true. Spirituality is so distinct from religion.

"Spirituality is the measure of how willing we are to allow Grace (God), a power greater than us (our higher source or inner being) to enter our lives and guide us along our way."

–Oprah Winfrey, media executive, talk show host and philanthropist

Spirituality is the state of your consciousness which determines how you act in the world and interact with others.

So, how is being spiritual different from being religious?

Here's something interesting I found:

1. **Religion**—makes you believe in a God above who is judging you all the time.
   Spirituality—gives you the light to find God within you, here and now.

2. **Religion**—was created by man to exert control, create division, instil morals, massage egos.
   Spirituality—is inborn; it is a way of living, loving, accepting and relating to the world around you.

3. **Religion**—is what you are born into, or sometimes forced into.
   Spirituality—is chosen.

4. **Religion**—gives you a lot of rules, regulations and limitations that have to be followed.
   Spirituality—is freedom; it invites you to question it all, decide your action and bear its consequences.

5. **Religion**—threatens and terrifies.
   Spirituality—gives you inner peace.

Having said that, you don't need to give up your religion to become spiritual. All I am saying is, just be open to the teachings of every religion and, most importantly, be open to what your inner being is guiding you to do. Don't let someone else talk you into anything you might not be comfortable with. Spirituality is your own personal connection with your Creator. You and your entire family can find your own ways to converse with Him, and it's really fine.

There's someone I know who probably goes just once a year to a place of worship. He doesn't have an altar in his home, nor does he chant any prayers. Yet, he's in constant conversation with God and is the most spiritual person I know.

He is mindful of other people's emotions and situations, generous and thoughtful about those less advantaged than him. He manifests almost anything he visualises because he asks with faith, and is assured that if it is meant for him and good for him, God will give it to him.

Isn't that kind of faith way better than chanting a hundred prayers we've memorised but never felt? Any mantra we chant, affirmations we repeat or prayers we recite require us to feel good and feel love for what we want, and we shall have it in our physical reality even before we know it.

I was recently at a religious gathering where everyone was chanting a mantra as a way of praying to the deity. Deep down, I felt that we were just repeating something aloud without even understanding the meaning of it. How was it helping us when we didn't even understand its meaning? Was it really of any use?

Guess what happened that same night when I picked up Dr Wayne Dyer's book? I read words that sent chills down my spine. It said that even when mantras are chanted without full understanding of their meaning, they impact our subconscious and can bring about beautiful changes. That's when mantras and affirmations began making sense to me.

See? I had asked a question and I received an answer even before I slept that night. My skin was tingling with goosebumps. This was God speaking to me. Every time I ask a question and receive the answers, I know I am in alignment with my inner being.

It made me go deeper in search of answers. That's when I came across Abraham Hicks's teachings. Any prayer, mantra or affirmation will work when you do it with feelings. Your emotions are your guidelines to what you are bringing into your life right now. So, whatever you do, whether it is chanting a mantra or saying affirmations, feel the essence of it. Let it make you feel how you would feel if your desire manifested. And that's how prayers are answered—as if whatever you are praying for has already come to pass.

Of course, mantras work and so do chants, even if they're in languages you do not know. They are energy coded in patterns. Whether you understand it or not, it is programmed to be effective because the sound and vibration create frequencies that are understood by our energy body no matter what.

Whatever you give attention to will come into your reality, so only give attention to WHAT YOU WANT and not what you don't want.

This is a mindset that should become second nature to you.

Over time, I discovered mantras for protection, mantras to heal eye ailments, mantras for abundance, and even mantras to change the vibration of the food and water we have.

Now, I keep some soft healing chants playing in my kitchen so that the food being cooked absorbs the vibes and what we eat heals us.

"Everything we do is infused with the energy with which we do it.
If we're frantic, life will be frantic.
If we are peaceful, life will be peaceful.
And so, our goal in any situation becomes inner peace."

–Marianne Williamson

Meditation on my mind

Another thing that resonates with me more and more is meditation—just sitting in quiet contemplation. There's no right or wrong way to meditate. Some people find it meditative to drink a cup of tea and be with nature, others can meditate while walking by the sea, and still others can be absorbed in painting or playing the guitar. It's about finding your stillness within.

Whatever brings you joy and makes you feel peaceful can be meditative.

It's again about finding your space, and in that space receiving your answers. But do find your space, because it is there that you begin to choose and manifest what you truly want.

It is in this sacred stillness that you can send out blessings, visualise your future and manifest your desires.

It is also that vacuum within which one can affirm what is good, ask questions to the universe, and be open to receiving answers.

In fact, some of the most incredible scientific discoveries and theories have been born from meditation and quiet inner spaces.

> Life is all about finding your joy and peace and once you find it, the bliss you feel is priceless

You may not know how to pray, you may not even believe in God, but you can still meditate, seek for answers and be guided by your inner voice, or as I call it, God's voice.

You don't have to believe anything that is told to you. If I told you that there is an ocean somewhere where all the creatures glow in the dark and there is a trunk of treasures lying at the bottom, or if I tell you there's magic in the air, you will probably laugh at me for talking nonsense. But if you really want to find out, you will have to dive in to discover the truth. Try it out and you will begin a journey so magical that there will be no turning back.

Take your own road, your own map, your own questions and chart your own journey. If you are convinced today about how inner silence can bring you what you desire, make it a part of your daily ritual.

"Everything you'll ever need to know is within you,
The secrets of the universe are imprinted on the cells of your body…"

–Dan Millman, author and lecturer

I am sharing some of the prayers, affirmations and empowering questions which have helped me create magic in my life.

Start incorporating these or if you are inspired, create your own affirmations and put them to work. And do share your experiences. Someone out there could benefit too.

Prayers

When you meditate or pray, find your inner stillness, imagine how you would really feel if your prayer was answered, and visualise it as if it is happening right now. Make this a time of conversation with the Creator and then just allow the experience to happen.

1. Prayer for health:

To ask: Dear God, please bestow upon me good health. May I be cured of all the aches, pains, allergies and physical discomfort. Help me flush out all the toxins stored over the years, and empty my mind, body and soul of all negativity.

To be aware: As you chant, imagine yourself in a bubble of white or golden light. Feel any unease moving out of your body and visualise it vanishing into thin air.

2. Prayer for protection:

To ask: Dear God, please envelope my home, my family and me in your protective sheath. Keep us safe and always under your watchful gaze. May your divine light

and energy fill us with an eternal sense of security.

To be aware: As you chant, visualise the divine light surround you, your loved ones, your home, your car and your workplace. Trust and know that no harm shall ever touch you. Feel the protection.

3. Prayer to release pain:

To ask: Dear God, you are aware of all that I have been through. I am now willing to let go, so please help me to release this pain. Help me emerge stronger, yet kinder in all situations. Show me ways to restore joy and love in my life.

With you by my side, I have faith that no one will have the power to hurt or harm me. And to those who have hurt me in the past, I send loving kindness and forgiveness. Please bless, heal and guide them.

To be aware: Visualise all the emotional pain and hurt dissipating from your body. Imagine a stream of forgiveness flowing to those who have hurt you. Visualise yourself in a bubble of white light, happy and fulfilled. Imagine yourself doing meaningful things and feeling rejuvenated and light.

4. Prayer for peace:

To ask: Dear God, I surrender all my worries, fears and anxieties to you, believing that you know best. This situation is now in your hands. Please resolve this in a way that I am calm and peaceful. Show me ways and send me signs that I can follow to feel serenity in my days.

To be aware: Experience a sense of calm arise within you. Know that the invisible Hand of God sweeps away all your worries. Relax and feel the peace, as you surrender to His grace.

5. Prayer for success:

To ask: Dear God, while I am only the doer of the action, it is you who takes it to fruition. I have put my efforts in this (situation). As my guide and partner, bless me and lead me to success now and forever.

To be aware: Believe that God instilled this desire in you and will ensure that success comes your way.

6. Prayer for finding your true purpose in life:

To ask: Dear God, I know that like every child of yours I have a purpose to fulfil on this earth. Show me the way so that I may use my gifts and transform into the person I was meant to be. Light my way, so that I am able to complete what I came here on earth to do.

To be aware: Be aware of God's guidance. Look out for signs and opportunities to use your talents.

7. Prayer to handle a difficult person or situation:

To ask: Dear God, I completely surrender this situation and its challenges to you. Please help me go through this with my integrity and dignity intact, and make me understand the lessons in this. I know that there are hidden blessings in everything, so help me learn and move forward.

To be aware: Visualise and listen closely to the voice of your inner being. You will be told the reason for being in the situation. Accept and learn. Imagine an amicable solution emerge.

8. Prayer for exams:

To ask: Dear God, please help _____ understand, remember and answer the questions in the examination paper with complete clarity. May his/her divine intelligence help him/her study with calmness, access all the right answers and write all the answers with ease and confidence.

To be aware: Visualise the person in question putting in more efforts academically, appearing for the exams with cheerfulness and confidence and consciously striving towards excellence.

9. Prayer for money or abundance:

To ask: Dear God, please shower me with an abundance of money on a regular basis. In ways I know not of, may multiple avenues of income open up for me. You know best and therefore I leave to you the timing and source through which I will receive the money for all my needs. May I always have surplus funds and may I always find ways to give to those in need. May I use my prosperity to bring happiness to my home as well as to others.

To be aware: Focus on your skills and imagine yourself being paid for what you love to do. Become more alert and pay close attention to conversations and written

and spoken communication which could lead to new opportunities. A new income stream could be tucked in there somewhere.

10. Prayer for divine connection:

To ask: Dear God, as the drop of water is to the ocean, I am to you.

I am a part of you. You live and breathe through me; you guide me to take appropriate actions. Sometimes, I tend to waver and lose my way. Please help me see the truth and bring me back on track. Remind me to reconnect with you, my source.

To be aware: Observe your breath. Visualise everything falling into place as you are being guided by a powerful, invisible hand. Know that you are once again reconnected to your divine source.

11. Prayer for family harmony:

To ask: Dear God, please bless my family. Grant us the ability to always love, respect and appreciate one another. May we see your image in each other and continue to live peacefully together.

To be aware: Visualise your entire family spending joyous moments together, eating nourishing meals and sleeping peacefully at night. Picture your children trusting you completely and seeking solutions from you to resolve their problems. Imagine that everyone is healthy as you engage in various happy celebrations with family and friends.

12. Prayer for perfect love:

To ask: Dear God, you have created someone special for each one of us, so that we may be united in love and lead our lives together. Help my soulmate and me be ready for each other, as we open our hearts and trust the journey ahead.

Work your magic so that we may meet and recognise each other. Send us signs that both of us can understand, so that we may be able to follow them. Enrich our relationship with romance, kindness, compassion, understanding, laughter, friendship, and above all true and everlasting love. Bring us to each other, now and forever.

To be aware: As you pray, imagine your heart opening up. Send divine loving light and thoughts to that special person waiting to connect with you.

13. Prayer for a new home:

To ask: Dear God, please guide us to our new home. May this home vibrate with your eternal blessings. May your love be poured into its every brick. May every person living in and visiting this home be touched by your loving kindness and grace.

To be aware: Visualise living in your new home. Step in with a feeling of 'we belong here'. Picture the interiors and sense a feeling of ownership. Imagine God's blessings pouring in from the roof of every room.

14. Prayer for a new job:

To chant: Dear God, please bring me new job opportunities. I put myself in your loving care and trust that you will open the right doors for me. Fill me with hope and confidence, as I ready myself to appear for job interviews, so that I may attract a job which I will look forward to doing every day.

To be aware: Imagine employers calling you for interviews. Visualise letters of offer popping up in your inbox. Create images of a new workplace with a new desk and laptop. Envision yourself participating in meetings and making presentations.

As you say these prayers, feel the emotion in your heart; imagine a healing golden light flowing from above, entering your crown and permeating every cell of your body. Know that you are always connected to this higher power. Become aware of this connection, hear the guidance and see the synchronicities as slowly but surely your desires come to life. Feel the magic in the air. Shower the same light on others and bless everyone else you are praying for.

Take a deep breath, calm down and relax into your being. Feel every breath you take and believe that God loves you.

Close your eyes and imagine His loving grace engulfing you as your tensions melt away. Nothing and no one else matters. Surrender to this feeling completely, knowing and trusting that all is taken care of.

Knowing yourself is being in the present. Be aware every minute of the day and sense your now. This is what your life really is. The past is over and your future will depend on how you allow your present to be.

Be in the now and start creating the life you want today. When you feel comfortable, gently open your eyes, move your fingers, hands and feet slowly, rub your palms, caress your face and then mindfully get up.

Once you believe that you are always taken care of, miracles become daily occurrences.

Here is a beautiful example of how prayers work.

Last summer, we went on a holiday to Mykonos, a small and beautiful island in Greece. I had been to Europe before and I knew that getting gluten-free food could sometimes be a challenge. Moreover, since we are not too fond of seafood, our choices were quite limited. When we were in Paris, we had found hundreds of Italian restaurants around us but none of them had served gluten-free pizzas or pastas. We had spent most of our time feeling anxious and searching for a place which catered to our needs.

No matter how beautiful a place is, you will not be able to appreciate it on an empty stomach. We landed in Athens in Greece, and with the only Indian restaurant in the vicinity shut, were left once again with the option of bland grilled chicken and fries.

But this time around, instead of getting upset, I decided to pray. I simply sent out this message to the universe: "We are vacationing in a beautiful place. You know our food challenges with regard to our health. Now please make it easy."

Our hotel in Mykonos was in a stunningly beautiful location on the top of a hill which provided a breathtaking view of the sunset. It seemed straight out of a picture postcard. Since I was worried about the availability of gluten-free food, I enquired about it at the reception immediately after checking in. The receptionist said that they could arrange for gluten-free food for us.

I also wanted to find out if there were any Indian restaurants in Mykonos as we had started to crave Indian food already. The last thing I expected the receptionist to tell me was that they had an Indian menu at the hotel itself.

I was awestruck and couldn't believe what she was telling me. But very soon I started smiling as I thought of how the universe had answered my prayers. Even before I had prayed the universe had orchestrated this.

Of the hundreds of hotels in Mykonos I think this was the only one with an Indian restaurant. And of those hundreds of hotels my husband had chosen to book this one.

Does it get better than this? When you are in sync and vibrating in harmony with all that life offers you, you don't have to worry. The universe takes care of you.

No matter how big or insignificant your request is prayers with sincere faith are always answered.

Prayer is the most important conversation of your day.
Take it to God before you take it to anyone else.

34

THE MAGIC OF INTUITION

Intuition is God whispering the answer to you. Shhhh… be quiet so you can listen.

"Intuition is seeing with the soul."

–Dean Koontz, author

Sixth sense, gut feeling, hunch, inner voice, ESP, premonition, clairvoyance—so many names for what we know as intuition.

We all find ourselves getting messages from within that sometimes take us by surprise and when we don't listen, we want to kick ourselves! "Damn! If only I had taken that call... if only I had turned left!"

There have been so many times when I have thought about someone and gotten a call or message from him/her minutes later. Sometimes their posts have appeared right on top when I have opened Facebook!

Our sixth sense can tell us a lot of assorted things. Sometimes it can be a map telling us where to go, and sometimes it can tell us of something that is about to happen. This is what we call premonition.

Basically, our bodies pick up the frequency of what lies ahead and try to let us know.

Here's a story.

A friend rejoined yoga after several weeks of missing her routine. The number of students in the class had increased by then and the yoga mats fell short. While trying to share mats, the yoga teacher requested my friend to go down a couple of floors and ask the management to send a few more mats upstairs.

As she went out the door, something came to her mind and she stepped back in and told her friend, "Hey Bhavika! keep your phone handy in case I call from downstairs".

It's normal for everyone to keep their phones on silent and in their purses during class. The friend removed hers and kept it out.

My friend got back to class and lessons began while the management tried to send extra mats. Some minutes later, Bhavika's phone vibrated on silent mode. It displayed an unknown number, she quickly picked it up and stepped out to talk so as not to disturb the class.

As soon as she hung up, she took her belongings and left. The call had been from her son's school. He had hurt himself while playing with friends and needed urgent medical attention. Thankfully, the school was just ten minutes away and she was able to attend to things immediately. The kid was back in school in two days.

Was my friend a clairvoyant? Was God watching over the mother and child? Had her intuition told her something? What if my friend had asked someone else to keep their phone handy or not bothered at all?

When I asked, she couldn't explain why she had walked back to class to ask Bhavika to keep her phone next to her. Bhavika herself always keeps the phone in the bag to avoid being disturbed in that one hour she dedicates to her yoga.

We are constantly given messages by the universe ahead of time. Sometimes we get a feeling of anxiety, and at other times we feel as if something good is about to happen.

It's about learning to distinguish between the assorted fears, thoughts and intuition. One way is to follow through on the sudden hunches that you get, whether it is to take the long route home, call someone or simply avoid eating something on a particular day from a favourite snack place. Just listen to the messages and see what happens. Learning to listen to this subtle but very important voice within us is an art that needs to be practised.

Another thing you should definitely do is take down notes and write down dates. This way, you can look back at the notes to see where you were right after all and what things were just anxiety bubbles rising within your belly.

Each one has their own sixth sense and intuition so going around telling people you can predict the future is not such a great idea even though it seems fun at first. This is a gift given to each of us as our personal guide and it's our duty to pay attention and do what it's asking us to do.

It is also about opening up to endless possibilities. Think of it like a treasure hunt with clues that we are supposed to decipher. Just imagine the treasures that we might find if we follow the signs being given to us.

"One of the best ways to sharpen your intuition is to practice meditation, as it helps you to focus and be in the now, be mindful. In this state, clarity is enhanced and the right answers emerge from your inner being."

–Anonymous

"Intuition is always right in at least two important ways;it is always in response to something. It always has your best interest at heart."

–Gavin de Becker, author of *The Gift of Fear: Survival Signals That Protect Us from Violence*

35

THE MAGIC OF FORGIVENESS AND BLESSING

"There is no love without forgiveness, and there is no forgiveness without love."

–Bryant H. McGill, author

The internet is a wonderful thing. Social media has opened up channels for us to connect, learn and share. At the same time, we cannot deny that the hypnotising effect of the screens we stare at has also led to our loneliness.

We feel like someone special when we see 48 likes on our posts. We boast about having a friends' list that is about to cross 5,000. We presume that over 4,900 people really care about our existence. But do they?

We read hundreds of articles daily on the power of positivity, the value of forgiveness and the impact of kindness. But it's almost amusing and ironic that when we're really furious and not in the mood to be kind or forgiving, no one from our list of 4,932 friends turns up to help.

If we're lucky, on such 'angry' days, the maids will turn up on time and do as they're told and the kids will be quiet and well-behaved.

"Inner peace can be reached only when we practice forgiveness. Forgiveness is letting go of the past."

–Gerald Jampolsky, psychiatrist and author

There are some things which really blow my fuse even though I can handle storms with relative calm. On those days, I wish people would stay away from me. And on those very days, I have ended up telling people things I shouldn't have or just been harsh and then regretted my behaviour for months and even years afterwards.

But holding on to anger and resentment is like carrying burning coal. You are the only one whose hands will get burnt. Forgiveness sets you free. It lets you live

your life, while karma and the universe take care of the details.

But how easy is it? Trust me, I still get caught in its web every once in a while, because much as I try, I can only work on my own self-growth. I can't change others till they themselves are ready for it. So, yes. Confession: I get really, really angry sometimes and I stubbornly refuse to forgive and let go.

Is there help? Is there hope? Well, yes. Healing yourself is connected with healing others.

Thanks to the internet and social media, I read a while back about something called the Ho'oponopono—a four-step healing process.

It was almost hard to believe that a Hawaiian doctor had used this energetic healing practice to heal an entire ward of criminally insane patients without ever meeting them or even entering that ward.

As I have said earlier, what we do unto others, we do unto ourselves, and vice versa. So, he chose to heal himself in order to heal them. His tools? Repentance, asking for forgiveness, gratitude and, the most powerful energy of all, love.

"I can have peace of mind only when I forgive rather than judge."

–Gerald Jampolsky

The Ho'oponopono technique that has its origins in Hawaii, consists of four simple sentences that facilitate healing across time and space.

"I am sorry.
Please forgive me.
Thank you.
I love you."

This practice comes from the same belief of Oneness—"I am another you". So, what I do unto you is also what I am doing unto myself. So, whether it's an issue of illness, a crazy traffic situation or a tiff with a close friend, just keep saying these four sentences over and over again while visualising that person or situation. Imagine these vibes or rays going towards them as they receive these beautiful energies. In your mind, see their faces light up with a smile. You will be awestruck at how things which seemed stuck forever suddenly start loosening up.

Things will begin to flow again. Reconciliation will happen when you're least expecting it. Doors that seemed shut forever will open. An email from someone you had a misunderstanding with might pop up in your inbox. I myself have often practised the Ho'oponopono and it works like magic.

"When someone does something wrong, don't forget all the things they did right."

–Quotling.com

BLESSINGS!

> Your greatest test is when you are able to bless someone else while you are going through your own storm.

As our gurus and teachers say, keep blessing everyone and everything you encounter—your family, your friends, your helpers, your food, the street kid selling pens at the traffic signal, the delivery boy bringing groceries who saved you from carrying all that shopping, the terrible potholes in the city that force you to slow down, the annoying neighbour, and so on.

As you go about your day blessing every little thing and every person, you will find your energy shifting. What you are doing in the process is unleashing the power of 'the act of blessing'. In fact, you will begin to feel lighter and happier yourself as you are now on a higher vibration. So, the things and situations you attract into your life will also change for the better.

Blessings act like a dose of extra energy that boost or uplift your life in the direction you want. So a daily dose of blessing is highly recommended.

Also, start counting your blessings—all those amazing people, things and moments that you have in your life that you could never buy with all the money in the world. The more you focus on that overwhelming feeling of being blessed, the more you will find blessings pouring into your life.

I believe our lives are full of blessings. From morning to night, we are blessed. The windows we open to let the sunlight in each morning, the laughs shared at a family lunch, the walk by the sea with a favourite friend, the wonders of modern technology, i.e., video chats across continents, GPS on our phones when we're lost, the laptop for work, are blessings we take for granted every day. In today's fast-moving world everything is available to us at the click of a button. Do we even realise the value of it all?

We do not realise how blessed we are because we are so busy looking at all the things that didn't go our way or didn't get done today.

The magic you will unlock as you get busy counting your blessings and in turn blessing others will be far beyond your imagination.

Don't take my word for it. Try it yourself.

"Don't just count your blessings, seek them, earn them, treasure them.
They are the jewels that light your path."

–Anonymous

36

THE MAGIC OF GRATITUDE

It is not happy people who are thankful, it is thankful people who are happy.

In the Hindi film *Queen*, Delhi-girl Rani (Kangana Ranaut) is dumped by her fiancé a day before her wedding, which leaves her heartbroken and distraught. He claims she wasn't 'good enough' for him!

When she finally stops sobbing and comes out of the room she had locked herself in, she decides to go to Paris on her honeymoon all by herself! After all, the air tickets had already been booked and the travel reservations made.

The film follows her on two simultaneous journeys—her journey of self-discovery and her journey of discovering the world that existed beyond her limited and protected world.

She meets people, makes friends, has adventures and attracts admirers for her 'beauty'—something she had stopped believing she had.

She returns to Delhi and heads to the home of her ex-fiancé who has had a change of heart and wants her back in his life. In a stunningly simple moment, she hugs him, returns the engagement ring, and with absolutely no grudge whatsoever looks him in the eye, says 'Thank You!' and runs out into the street, liberated and free.

This small-budget film won a great many awards and hearts that year.

It is a heart-warming story in which the worst moment in a bride-to-be's life ultimately brings about an incredible transformation. Wow! I wondered why we don't look at our pitfalls like that.

If only we could say 'Thank You' to what we at one point considered our terrible luck, we would realise what gratitude could do. If only we could see our lowest points and say, "God has something better in store for me", we would be reaffirming our faith in Him.

Gratitude is powerful. Gratitude is liberating. It can unlock joy. It makes us realise that even the worst things that have happened to us can set us on the most amazing and beautiful journeys of our lives. The universe is well and truly rigged in our favour.

As our saints and spiritual teachers say, "If you say nothing but 'thank you' all day, you have prayed."

Gratitude is the right attitude to begin your day with.

A simple awareness of all our blessings, coupled with a gratitude-filled thought, are the best prayers and the best healing we can give to ourselves for a happy and healthy life.

Rhonda Byrne in her delightful book, *The Magic,* says, "The more gratitude you have, the more abundance you magnetise. The more thankful you are, the more reasons God will give you to be thankful for. And the more you complain, the more reasons God will give you to complain."

These are not just words. If you can absorb the meaning behind these words, you will have a life-changing experience.

This book outlines a 28-day programme with different gratitude practices which I tried to follow sincerely. As I went about thanking the universe, first for all that I already had in my life and then for my soon-to-be-fulfilled wish list, and my magnificent outcome list, I felt blessed. All my wishes were actually coming true in the most surprising of ways. Even my friends who read the book after me felt a major shift in their lives. I say from personal experience that the book works magically.

Every day we come across people who are constantly complaining. No matter where they go, they will find something to grumble about. Even in the best of situations, they will find something that doesn't satisfy them or doesn't meet their standards. They will pass judgements on other people's lives without knowing what the truth is.

We expect others to be perfect when we ourselves are not. No matter how hard we try, we can never satisfy everyone. Why do we need to judge any person or place? Why not just be thankful for having them in our lives, and avoid judgements or expectations? When your mind and heart are filled with gratitude, there is no place for complaints.

Like Rani in *Queen*, we can also choose what we wish to see in a situation.

When we choose to feel thankful in all circumstances, the universe has no choice but to change our situation for the better.

Instead of finding faults or looking for reasons to complain, try to see the best in everything. Even in difficult situations, look out for what you need to learn from them and see the challenges disappearing.

PRACTISING GRATITUDE:

Make gratitude a way of life.

When you send out a simple 'thank you' for everything that comes your way, you are acknowledging the universe's effort. God, just like our parents, is always looking for ways to keep us in a state of joy. He is not seeking a thanks, but putting out a 'thank you' is a way of acknowledging His blessings.

You need to become aware of the present moments. The past is over, the future is yet to come. The present is a gift waiting for you. So, start by being thankful for your yesterdays, todays and tomorrows.

As you wake up each morning, pay attention to your thoughts. Usually we are already thinking about all that we need to get done during the day—take care of the kids, work, run errands, fulfil duties. Life is a never-ending list of things that need to get done. Just delay the process by ten minutes, and as you wake up, simply say 'thank you' for all the blessings you have received so far in your life.

Feel appreciative of all the goodness, all the help, all the love that surrounds you —things we all take for granted. Pay attention to each detail and sense the joy unfolding within you.

Be thankful for the smallest of things:

Thank you for a good night's sleep.

Thank you for my perfect health.

Thank you for the roof over my head.

Thank you for the job I have to get up and get ready for.

Thank you for the water flowing through the taps.

Thank you for adequate food for all my meals.

Thank you for access to roads and railway lines, so I can reach where I have to go.

Thank you for Sundays.

There are so many things to be thankful for.

This little awareness of your present blessings can change how your day goes, and how your life turns out.

How you begin your journey or day is how it will end.

So, if you start your day with love, peace and gratitude, that is what you will attract and that is how your day will go.

If your heart is full of gratitude, you will be more loving and more peaceful to every person you meet and in every situation you encounter.

The blessings we receive from God every single day are countless. Let us acknowledge this each day. Trust me, by doing so, you will have one of the best days of your life—everyday!

If you are not in perfect health, or are struggling with money, thank God for the other parts of your body that are functioning well and be grateful for the little money you do have. Even if it feels silly or improbable at first, keep saying, "Thank you! Thank you! Thank you!"

Keep doing this until, magically, you have better health and more money to be thankful for.

From personal experience I can say that when I started practising gratitude, I felt happier, more content and more peaceful. Magically, life started sending me more situations to be thankful for. Isn't that what we all really want?

Life is a beautiful blend of small miracles and a few imperfections. Focusing on the miracles alone changes our perspective and makes life truly beautiful.

EXERCISE

When you make your gratitude list,

Be thankful for your health—express gratitude for every part of your body that is functioning perfectly, and if you are facing a difficulty, say a thank you for its healing.

Be thankful for joy and happiness—be grateful for all the reasons of joy in your life.

Be thankful for your work—express gratitude for the money you have received so far in your life, and if you need fresh work or more money, just be grateful and say 'thank you for helping me to find a new job and earn more money'.

Be thankful for the people in your life—be grateful for the loving relationships; also, be thankful for the not-so-good relationships because they teach you what you need to learn.

Be thankful for abundance—express gratitude for the continuous flow of all things good in all areas of your life.

My gratitude mantra:
Thank you, God, for making me see life this way. Every challenge becomes my blessing. Life is beautiful.

37

THE MAGIC OF ABUNDANCE

"Abundance is not something we acquire, Abundance is something we tune into. Doing what you love is the cornerstone of having Abundance in your life."

–Dr Wayne Dyer

'Abundance' means having a large quantity of something. Beyond the dictionary meaning, the word also refers to the feeling of having more than enough, but not just in materialistic ways.

It isn't the money you have in the bank or the lavish lifestyles that you enjoy. It is way deeper than that.

I never really paid attention to what abundance meant. Until sometime back, I thought that it was all about the money I earned or received or the amount of money I could spend. I never imagined that it could mean so much more.

When I was asked this question, I thought to myself that I am very abundant, because I was fortunate to be born with all material benefits, where all my worldly needs were met and where I was adequately taken care of.

I had always felt that working and earning your own income was very important as it gave you a sense of independence and fulfilment. So, being an entrepreneur, I felt that I was very abundant. That is, until I understood the true meaning of the term 'abundance'.

The amount of love, the measure of peace, the magnitude of joy and happiness, the essence of your relationships and the quality of your health together form your life's abundance.

You may have all the money in the world, but if you are not healthy enough to enjoy it, you cannot say that your life is abundant.

All these aspects together and in balance can give you an abundant life. Life is all about balance.

Suddenly, I didn't feel so abundant after all! I had money, but my health issues were bothering me.

I had friends and family, but there was friction in these beautiful relationships.

I had possessions, but I wasn't peaceful within.

I had so much to be thankful for, but I was still anxious, fearful and irritable.

Resultantly, I was anything but happy. And this affected everyone in my circle. After all, one can only receive what one has sent out.

So there I was, doling out unhappiness in huge dollops. I realised that the only aspect I was abundant in was money. In all other aspects, I couldn't call myself abundant at all.

This was a huge revelation.

If you were asked by someone, "How abundant is your life?", what would you say? Do you feel 'wealthy' within?

Look at all the aspects of your life and try to feel the abundance in them. Any area of your life that you experience NEGATIVITY in, lacks abundance.

How is your relationship with your spouse, parents and kids? Do you feel connected to them or distant?

At your workplace do you get along with your colleagues or is there jealousy and resentment?

With your friends, is there unspoken hostility and a disconnection or is there genuine fondness for each other?

Regarding money, do you feel you always have enough for all your needs or are you always lacking?

When it comes to people who work for you, are they happy when you are around?

Would you say you're in good health or do you have chronic issues like allergies, aches and pains?

Do you feel happy about the way life is or are you constantly worried, anxious, irritable and stressed?

Once these questions have been addressed honestly, how do you feel? Less abundant?

Well if the answer is yes then let's find a path that could lead us to a sense of complete abundance.

First, let us consciously choose how to live our lives.

Are we allotting enough time to do what we love and are we truly happy with our experiences in that space? This awareness could be the first step towards welcoming abundance into our life.

To truly become abundant, one has to first become aware of what makes one happy. Most people don't even know that.

Are you aware of what brings real joy into your life? Is it that Chanel bag, that Jimmy Choo or that diamond ring, or is it the person who is holding your hand and the child who you hug each night?

Imagine a single moment without these people in your life.

Material possessions are nice to flaunt, but if that's all one has, it makes one rather poor. Of course, they give you temporary joy, but what about that feeling when your child hugs you like no one else in the world matters, or when you suddenly hear your favourite song playing. That kind of joy makes you feel truly abundant.

When my daughter Diara hugs me every night before she sleeps, or when my teenager Saniya comes to me for guidance, or when my husband feels completely lost without me, I know that I am needed and it gives me a feeling of joy that is priceless.

To attract abundance into our lives we have to stop complaining first and be grateful for all the abundance we already have, and then start giving what we want to receive in our lives.

The way to attract abundance is to give.

The story of the friendship between Lord Krishna and his childhood friend Sudama offers much to think about.

While Krishna lived in lavish opulence, his school friend lived in a hut and struggled to make ends meet for his wife and children. Even in the most desperate of times, Sudama felt embarrassed to ask for help but his wife urged him to at least think about the children.

So, he decided to walk all the way to the town of Dwarka to meet his long-lost buddy. Since he hardly had any money, the only gift Sudama was able to carry for his friend Krishna was his favourite rice snack *poha* which he hid awkwardly in his bag.

When the palace guard announced that Sudama had arrived, Krishna ran to meet and hug him. Seeing his sore feet, he sat down and washed them himself, and then asked him, "What have you brought for me?" Sudama couldn't lie to him, so very shyly and with downcast eyes, he offered what he knew Krishna had always loved. The delight with which Krishna, the reincarnation of Vishnu, ate, brought such happiness to Sudama that he forgot to tell him about his troubles at home.

When he began walking towards his home the next day, Sudama felt worried about what his wife and children would say. Krishna had sent nothing for them. It was his fault—he had not asked.

If you have read the story, you would know that when Sudama reached his little hut, it wasn't there. Nor was his old neighbourhood. In its place stood a beautiful palace made of gold, silver and precious jewels. He was awestruck. Nothing had prepared him for what he saw after that. His wife and children, dressed in silks and jewellery, came out laughing and welcoming him. While Sudama had offered Krishna the humble snack, the latter had gifted him all this!

Without asking or suggesting and only with his simple gift, Sudama had received abundance in return.

Our Creator and this universe is like that too. We only need to start giving and we shall start attracting abundance in ways we cannot even begin to imagine.

We live in Mumbai, a city of contrasts and contradictions. There are billionaires and there are slum dwellers. There are kids who have all the toys in the world crying for more, and there are street urchins who happily play hopscotch on the roads while cars whizz by.

Each time a flood or calamity hits the city, the ones who have very little are out on the streets with biscuits and tea and offer to help. But the ones who are sitting in their fancy cars don't consider offering a wet stranger a lift. So, who's richer?

We want to grow more and more abundant every year. We want our income to increase so we may be able to afford more. But at the same time, we forget about all the people who work for us day and night and because of whose hard work we are able to achieve our abundance. It is their physical labour that helps us to get all our work done.

How about being grateful for it, and at the same time, realising the power we have within us to help them be abundant? Yes, we pay them a fixed salary and we give them bonuses for the services provided by them.

But how about also giving them abundance in other forms, like showing them love and respect, expressing gratitude for their hard work, treating them kindly, not abusing them for their mistakes, guiding them and helping them learn more and understand life better, so that they can also find meaning and happiness in their lives.

No amount of money could make them as happy as a kind word coming their way for their services. The feeling of pure joy and bliss you experience when you realise you are the reason for someone else's smile or joy is truly priceless.

After all, what you are actually doing is returning a portion of the huge abundance you have received, so that you may receive more of it in return. At the same time, remember to express gratitude to God too since He is the giver of all this abundance.

Being thankful for all the blessings that you have received so far is the biggest magnet for attracting abundance in your life. It's not about less or more, because 'giving' comes from the heart. You can simply buy some biscuits or bananas for the

urchins who knock on your car window at the traffic signals every day. Or, you can spend time volunteering with an NGO or pay your help's child's school fees. Why not try to cook for your mom or your spouse one day? It's about generosity of spirit and in return you will see doors opening up for you.

In an interview with actor Salman Khan, Karan Johar asked him why he had never taken a vacation, to which his answer was, "Why do I need a vacation? My life is a vacation. Every day that I go to work, hundreds of people get paid". He did not talk about the money he would receive but about the people who would be paid because he went to work.

Those who live in Mumbai are quite aware of Khan's philanthropy. He has been committed to social causes for several years now, especially those pertaining to medical issues. Every day, there is a long queue of people waiting outside his home, seeking financial help for surgeries, hospital bills, transplants and more. These people cannot afford the cost of treatment for their loved ones, and having heard of his large-heartedness, they turn up at his door hoping to get aid.

Yes, he's made mistakes, and yes, he is not the most perfect person in the world. But this attitude of giving has brought back to him abundance in all ways. Even today, after all these years, he's one of the most popular actors in Hindi cinema.

"Most of the successful people have been givers, because they believed in giving, they received so much."

–Albert Einstein

Giving sets off a chain reaction of goodness, and that sets into motion a process for the same to come back to you in manifold ways.

What kind of abundance do you want to receive today?

If you want to receive love, give more love, if you want more respect, be more respectful, if you want more joy, smile a little more today, and if you want more money, be more giving. The secret to abundance is giving.

Life creates many opportunities for us to give and we need to accept them and become a part of the flow of life. Sometimes, we hesitate or ignore and miss a beautiful chance to become the medium for something bigger.

As a child I watched my parents engaging in all kinds of generous acts. We are taught to offer whatever we can to those who have less. This also includes feeding

animals and birds or offering water to strangers. Many of the festivals or auspicious days in the year remind us that on those days charity of any kind should be engaged in as it will bring blessings.

My driver who has been working with me for several years was facing a family dispute. His father decided to separate the two brothers and as a part of the settlement my driver got the land and his brother got two houses in their village which is nearly 1,800 kms away from Mumbai.

Now my driver who earns a meagre salary needed a loan to build his home. Despite the separation, his wife who lived in the village with their three children had to continue being in the same house as his brother's wife. They had constant disputes and this made his kids and wife very unhappy.

The only way out was to build his own home on the plot of land he had got. But it was going to be very expensive. So, besides taking a loan from his brother-in-law, and receiving some allowance from the government, he asked me to lend him some money so that he could build his house. I was happy to give him the money as it would bring peace to his family. Within a year he was able to build a beautiful house which was much bigger and better than what he had expected and he was very happy and kept thanking me profusely.

I was very happy for him and his family as now they had a secure roof over their heads and they could be peaceful and content. In fact, I laughingly told him, "Now, your house is actually bigger than mine".

Look at the power of giving and pure intentions.

My husband and I had been looking for a house for the past five years but hadn't been able to agree on the perfect home. In a city like Mumbai, finding a spacious home with a view is a luxury in itself. Having seen many options, we had started to wonder if we would find a home which at least fulfilled most of our criteria. But very soon we saw a house which was just perfect. I always wanted a home in a place where I could have some peace and quiet and lots of neighbours so that my kids could have friends to play with. And this place had it all and more. We had found our dream home and it was in the neighbourhood that we had liked. I didn't realise how it was all orchestrated by the universe until I re-read the words again:

"Give more of what you would like to receive."

It never struck me that the good intentions I had while helping my driver would come back to me so beautifully. They probably unblocked the energy for me to

receive what I had also been waiting and praying for.

What I have learnt is that one can never know in advance what one will receive in return for something one has done or given. Our intention should always be pure and unselfish. As is instructed in *The Bhagavad Gita*, "Karm kar, phal ki chinta mat kar" (Perform your actions with generosity and selflessness, but don't be anxious about the fruits of your actions).

Instead of asking, "What can you do for me?", let's start by saying, "How may I serve you today?" When you make efforts to see others happy, you actually attract the same to yourself, because once you spread happiness, you receive happiness. When you stop counting how much you are giving, God stops counting how much you are receiving.

Be abundant at all times. Fill all your present moments with joy, because that is how you can be abundant in everything you do and in all aspects of your life.

"You can become instantly successful with a simple thought. But long-lasting and pronounced success comes to those who renew their commitment to a mindset of abundance every minute of every hour of every day."

–Bryant H. McGill

Five steps to attract abundance:

Go 24 hours without complaining. Absolutely no complaints about anything.

Count your blessings and be grateful for everything.

Give unconditionally—help someone in need spontaneously.

Declutter, discard, donate, remove all the extra things from your life; be detached and feel lighter.

Be open to receiving gifts, compliments, help, love and anything nice that comes your way.

Abundance is the essence of joy and the feeling of fulfilment in everything you do.

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THE MAGIC OF LOVE

"The magic of Love, is that it has the power to create a magical world in and around us."

–Debasish Mridha, physician,
philosopher and author

LOVE

Timeless Love

Endless Love

Promises, proposals and everlasting Love...

We hear love songs on the radio as we head to work. There are movie industries that are flourishing solely in the name of this four-letter word. LOVE!

If you were asked to name your five favourite romantic films, without thinking too much you'd have ten titles jump out of your head.

My all-time favourites have been *Pretty Woman* and *Dirty Dancing*. And who can resist the charms of *Dilwale Dulhania Le Jayenge*? Every time I watch these movies I have tears in my eyes and love pouring out of my heart.

But beyond our films' list, we have a mental list of how our 'perfect love' should be and that list can hardly describe what it really is. In fact, we have barely even grasped how deep and how potent this one emotion is. When we actually start to feel it, it's both profound and yet so simple.

There's really no magic without love.

The law of attraction is actually the law of love, because to attract anything into your life, you have to feel love for it or else you will not be able to attract it.

Love isn't just a college crush, a fleeting romance or a temporary rush of hormones.

It's that friend who keeps talking to you on the phone so that you don't fall asleep driving late at night.

It's that cousin who puts together all your childhood memories into a collage for your birthday.

It's your mom forcibly stuffing an umbrella and some food into your bag, as you rush out for college, work or somewhere else.

It's your dad waking up at midnight to pick you up from a friend's place and then saying he just loves long drives with you.

It's your grandma putting an extra dollop of *ghee* in your *chapati* because she thinks you look too 'undernourished'.

And when we bring this feeling of love into our daily visualisation and send out small gestures of love into the world, we experience magic.

> A big part of attracting what you want is about feeling that burning desire and the... well, love for what you are about to manifest.

If you didn't love the idea of getting that money, that job or that person in your life, then there's no point in having it.

The best way to know if something is worth having is to imagine how you'd feel if you got it. When you love enough, you will feel enough gratitude, forgiveness and abundance too.

Love is an emotion which guides you to that which your heart truly desires.

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THE MAGIC OF YOU AND ME AS HEALERS

"The natural force within all of us is
the greatest healer of all."

–Hippocrates

We have been told that 2,000 years ago, Jesus could heal with just his touch. People from far and wide heard of his miraculous powers and came to him, desperately seeking cures for the incurable. Illnesses of all kinds would magically vanish and the person would be healthy again.

Similarly, Sai Baba, a saint from India, would offer *udi* or sacred ash to anyone who came to him for help. He could simply stir his hands in water and turn it into oil to light lamps with for Diwali. He lived in a humble home in the village of Shirdi, and the simple folk who sought him for help received healing and miracles in uncanny ways.

Even now, we continue to hear of so many healers whose mere glance can create miracles. Unfortunately, there are also several con men who are taking advantage of gullible people but there are enough who are genuine as well.

Did Jesus and Sai Baba and so many others before or after them have miraculous powers? Were they incarnations of God? What made them different from us? Despite living humble lives, how were they able to perform such incredible, superhuman feats?

Even today, long after they have gone, there are shrines and churches dedicated to them where people go and where their prayers get answered. How?

Even as a child, I was in awe of these two men. How I wished I had met them and witnessed a miracle performed just for me. It took me several years to grasp that though they were as human as we are, they had become ascended souls. They

had probably meditated so much over lifetimes that they were vibrating on a frequency much higher than the three-dimensional earth we live on. They came here only to show us the way.

Over time, I also came to understand that there is a deeper, more profound message these ascended souls and saints were trying to give us. They wanted to let us know that like them we too possess healing powers within us. My desire to experience this power was fulfilled when through Sai Baba's blessings, my daughter was healed miraculously by the methods I had adopted. His guidance helped me learn about Reiki, Pranic Healing, functional medicine and Ayurveda which are all holistic ways of healing.

Anyone who has learnt alternative healing like Reiki or Pranic Healing knows that we have energy flowing out of our hands. All that is required is attunement.

Most of our ancient cultures have traditional healing practices where we can tap into nature and restore our wellness. Ancient cultures of India, China, Japan and the Native Americans for instance have treasure troves of wisdom that has been cast aside in favour of modern medicine which we all know suppresses symptoms instead of curing.

In ancient times, when a person went to the healer for a stomach issue, the latter would check his pulse and diagnose the root cause, and at the same time also understand the mental or emotional cause behind it, and then prescribe ways to deal with it. No blood tests were needed to diagnose the issue. They looked at the body in holistic ways to cure.

If I start explaining the chakra system and how each chakra has its own colour, sound and emotion, and how it works, you will be left in disbelief. But this is knowledge our ancients knew all along. And it is still accurate.

> As you have read earlier, what you believe is what you receive.

You might have heard that most of our diseases are 'psychosomatic', right? In Greek, 'psycho' means mind and 'soma' means body, so it literally means, 'mind affects body'. Our thoughts make our health. Consciously or unconsciously, we

manifest assorted health challenges. I truly believe that if we think good thoughts, we will always be in radiant good health.

I know what you're thinking—now that there is a health challenge, how does one deal with it?

Here is the story of Vaishali Gupta, my friend's sister, who not only faced her son's apparently 'incurable' condition by having faith in the power of the subconscious mind but also emerged triumphant and grateful.

This is what she shares…

"It all started on the fateful day of June 15 when my son was diagnosed with Kienbock's disease, a kind of orthopaedic condition, in which the outcome of the treatment is not certain or cannot be predicted.

It would involve a series of surgeries, after which the pain would still remain. It felt as if my whole world had shattered before me. I was howling my heart out in front of the doctor, who kept on going blah… blah… blah. Every statement he uttered went over my head, except the crux that it is impossible to heal. The reports were sent all over the world, but all my efforts were in vain. The days were morose and the nights, sleepless.

As they say, every cloud has a silver lining. I too had the privilege to witness it, while all this turmoil was still going on. My sister's friend, Deepa, like an angel, came to my rescue by suggesting the book, The Power of Your Subconscious Mind *by Joseph Murphy. While I was going through this book, I realised that the divine is within me and God cannot do anything harmful to me. Still, the concern for the future of my child kept casting a gloomy shadow over my elation. As I continued reading, I became more and more positive and emptied myself of all the negativity that had found an abode in me. I tried to create a positive aura around me, and soon I found that my son's ailment had also started healing naturally. The doctors were shocked by the fact that the persistent pain was receding which they had believed could never disappear.*

All I could feel was the fear, worry, anxiety, doubt and sadness departing from me and found myself engulfed in the spirit of optimism.

I stayed connected to my infinite soul. I unplugged from the material world and connected to the divine within.

I was fortunate to read another book called The Secret *which helped me to mould my life my way. It taught me how love can work wonders and create miracles in my life.*

The only conclusion I could draw from my real-life experience was that there is a solution to every problem and all the answers to your queries come from within.

Today my son is as normal, fun-loving and healthy as any other 17-year-old teenager!"

One just needs to cleanse oneself. If you follow the law of attraction, then, from somewhere somehow the solution will channelise itself towards you. It has to reach you; you just have to be receptive to receiving it. The moment you start

believing, you can make your own miracles occur. But you have to trust and surrender.

To begin with, let us firmly believe in this power bestowed on us.

You can heal yourself of any disease if you so desire.

The desire to heal has to be greater than your fear, and that only happens when you believe and allow the magic in you to come forth.

We are meant to be in good health most of the time. But sometimes, our own thoughts can alter the inner workings of our system. Negative emotions arise when thoughts of resentment, anger, envy or irritation cross our minds. We also have to constantly watch our words.

Words are as powerful as thoughts. So, one of the things to be careful of is our choice of words when we speak to others or ourselves.

Instead of making rude or discouraging comments, as a healer, try using encouraging, loving words. Instead of complaining, look for positive things to say about the people around and the situations. While sharp words can hurt the people we really care for, a kind word can instantly bring hope, cheer a friend, soothe an emotional wound and heal relationships.

> In all situations no matter how serious or hazardous, stop looking at the challenge, talking about the challenge, or blaming others for it. Start focusing your attention on finding a solution. Believe in the infinite wisdom within you which will help you to arrive at a solution and heal the situation.

I know we created magic the day my daughter was healed.

Our own thoughts create all diseases, sometimes even passing them on to our kids. Fear, worry and anxiety cause the immune system to go haywire. These thoughts cause stress which make the body go into defence mode.

I had to give my daughter steroids or immunosuppressants which had a lot of side effects. I feared it so much that instead of getting better, she got worse.

I wanted her to be completely healed so I changed my thinking and instead of fearing what was there, I surrendered to the divine. When you venture into something you don't know about or can't help, always try to imagine positive outcomes because if the worst is possible so is the best.

So, I kept affirming to myself, "Diara is a creation of God. God created her, and knows how to heal her. She is in perfect health because God only knows perfection".

I said and believed, "Every cell in Diara's body has divine intelligence and is guided by God to heal and protect her."

As I kept repeating and visualising this, her health miraculously started taking a turn for the better, and today she is in perfect health. In times of trouble, before taking any action, pause, breathe deeply and affirm to yourself: "God is guiding me to do the right thing and whatever happens is going to be the best for me". This became the most empowering step towards Diara's health being restored.

> God created you from a single cell and that cell knew how to grow into different parts of your body.

Every cell in your body has intelligence and knows what function to perform, and together they take care of your complex body so well that it is indeed magical. The pumping of your heart, the blood flowing through your veins, the food getting digested—all these functions miraculously take place without any effort from you. How does all this happen?

The divine intelligence within you takes care of it all.

The complex functions your body performs is a continuous process. In fact, only when something goes wrong do you become aware of it. The aches and pains you experience are the intelligent body's ways of telling you to slow down and take cognizance of the situation.

According to Ayurveda, the most ancient wisdom, physical, mental and emotional health issues begin when the cells lose their memory of how to function as part of a whole. When a cell or a group of cells lose their holistic memory, they start functioning erratically.

Our body is holistic in the sense that all cells, glands and organs work together in synchronicity. When the sync goes haywire we face health issues. The key to preventing any dysfunction is to re-train and maintain healthy holistic memory of every cell. This process of cellular memory healing takes care of a lot of unexplained aches or allergies which no western doctor can explain.

If this divine intelligence has the power to take care of your physical functions, then why not all your other worldly functions? This divinity has the power to give you whatever you desire whether it is happiness, love, peace, perfect health or abundance. You only have to know how to use this power.

Ayurveda, Pranic Healing, Reiki, Shiv Yog, acupuncture and other alternative methods of healing have now caught on and many people are turning towards these. In fact, the demand is so high that a number of healing centres have sprouted around us.

So how do you know which form of healing is best for you?

Each of these is an energy system that functions but you will always find yourself attracted to a specific one. When you can't make up your mind, look within. Your inner being is very wise and knows it all. If you want a solution to anything, ask your inner being and patiently wait for a solution. Your inner being cannot talk to you physically but when you pay attention, you will hear your inner voice.

The first thought that pops in your head when you think about something could very well be your inner being prompting you. Or, you will get signs and signals or meet people who give you answers. These are all the universe's ways of talking to you and guiding you.

God loves you and He wants to give you whatever your heart desires, but the universe cannot interfere with your free will; therefore, it is subtle and soft. Just silence your mind, tune in and you will hear it.

This is in other words MEDITATION.

Meditation is a way of connecting to your inner being or your higher power which has the solutions for all your fears and worries. It is also one of the best ways of opening up to receive healing. Learning to listen to this voice is an art that one has to cultivate.

Speak to your inner self and say, "YES, I need you to HEAL me, and do it now". Be open to receiving the love and healing from your divine self, the universal force

that flows through you.

Trust the magic in the universe and see how your intention to heal touches everything around you. Nobody's life is bereft of challenges. Just change your view about them. Look at the hidden lessons they hold. Once you have imbibed the lesson, your challenges will cease to recur.

Come, together let us "heal the world, make it a better place, for you and for me, and the entire human race…" as the late legend Michael Jackson sang.

In the words of Michael Beckwith, who is an author and the founder of the Agape International Spiritual Centre in Beverly Hills, California,

"The Universal Presence can only do for you, what it can do through you
It cannot do for you, what it cannot do through you…"

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THE MAGIC OF THE MIND AS A HEALER

"You have the power to heal your life, and you need to know that.
We think so often that we are helpless, but we are not.
We always have the power of our minds...
Claim and consciously use your power."

–Louise Hay

Every cell in your body believes what your mind perceives.

So, say to yourself, "Every cell in my body is guided by God to heal me". Each cell in our body has a superior intelligence which we were not aware of before.

You are the one that rules your mind. You have the power to change your thoughts, and thereby make yourself perfect, whole and complete.

Every person deserves to enjoy mental well-being which is necessary for a healthy life. The secret to this is emotional healing and changing your thought patterns.

Your mind, the seat of all your thoughts and emotions, requires the right nourishment because it determines your physical and mental well-being.

In short, in order to create a better life for ourselves, we need to improve our thoughts, emotions and feelings. Every feeling we experience has an emotion as its base. That's why we say, 'I am feeling happy' or 'I am feeling inspired'.

These are thoughts that emerge from the emotion we are experiencing. If you look closely, your thoughts are deeply intertwined with your feelings, which in turn decide your mental state.

Therefore, in order to heal ourselves and be in a state of mental well-being, we must practise the following:

1. *Be happy. No matter what the circumstances, look for reasons to feel good. Even a challenging situation has blessings in store. Observe your feelings constantly because these vibrations are creating your future.*
2. *The moment a negative thought occurs, shift your focus and find something that makes you feel better. The faster you shift your thoughts and focus on what you are thankful for, the quicker you will attract happy synchronicities.*
3. *Consciously decide to appreciate the present moment without feeling regret over the past or being anxious about the future. 'Now' is the only reality.*
4. *Slow down and enjoy the small joys of life. There are literally hundreds of miracles happening all around you. All you need to do is breathe and observe.*
5. *Stop letting others decide how you feel about yourself. This is your journey. You choose. Remind yourself that you are awesome and trust the guidance you receive from your inner being which always knows what is right for you. Listen to that voice.*
6. *Love yourself for who you are! Become your own favourite person.*
7. *Spend time with people who encourage you, share your passions and uplift you. Wasting time with people who gossip or complain will drain your energy.*
8. *Take time to be with yourself. Just be. That time is not meant for your smartphones or gadgets. It's only you with yourself. Find 15 minutes each morning and another 15 at night to just be. The stillness you create will keep you grounded and peaceful for the whole day.*
9. *Read books, watch shows, videos and films, and listen to music that will raise your vibrations and inspire you.*
10. *Finally, practice gratitude each waking moment.*

Keep silently thanking all the incredible things that you already have and watch them multiply magically.

Once you have re-programmed your thoughts and feelings, you will experience a surge of well-being and you will feel empowered at having control over your own life.

"Every thought we think is creating our future."
–Louise Hay

41

THE MAGIC OF NATURAL SUPPLEMENTS

BH - Bhumi (Earth)
G - Gagan (Ether)
V - Vaayu (Air)
A - Agni (fire)
N - Neer (Water)

We are created in the likeness of the superpower who created us who we call God. How much more proof do we need? According to Ayurveda, we are made up of these five elements and a balance of all these elements in our bodies is what keeps our mind and body healthy.

The five elements—fire, earth, water, ether and air have tremendous healing power. If we start to add these five basic supplements to our daily diet, we will begin to have more energy, balance and stamina.

I had read about a guy who began cutting off solid foods from his diet and sustained himself purely on sunlight at specific hours of the day and some water. It was unbelievable and unimaginable but he did it. He stayed healthy and strong throughout.

He made me realise that at our core we are solar beings. Like trees and flowers, we can receive nutrition and a recharge for absolutely free just by taking in sunlight.

I would not advocate going off food completely but instead start adding some sunlight to your everyday routine. Some daily walks early in the morning and some open-air yoga and you will be a changed person.

Breathe deeply and you receive another free element—oxygen. Many of the ailments in our body are caused by improper breathing. If you can remember to take at least five deep breaths every hour every day you will see miraculous

changes in your health. Yoga, an age-old way of perfect healing and an ancient Indian tradition, has now gained worldwide recognition. It is now acknowledged as one of the most accurate systems of exercise that rejuvenates the whole body while incorporating all the five elements.

Every element of yoga contributes to the holistic well-being of a person.

The benefits of the *pranayama*s (breathing exercises) in yoga are countless. That's why no modern medicine can give you the natural healing that yoga can. There are plenty of people all over the world who speak of the healing and cures they have received by conscientiously practising the *asana*s (postures), the *mudra*s (hand gestures) and the *pranayama*s of yoga.

God has given us whatever we truly need for good health. The onus is on us to find it by eating right, maintaining peace within, thinking positive thoughts and being in a state of gratitude.

Every morsel of food you put in your mouth gets converted into fats, muscle and blood in your body. The quality of food that you put inside is going to be the quality of your body and health. The free will and choice is yours.

They say, "You are not what you eat, but what you think about what you eat".

If you believe that every morsel of food you put in your body is making you gain weight, IT WILL, but if you believe, "Every morsel of food I put in my mouth is nourishing me", IT WILL.

But that doesn't mean eating junk food is going to make you healthy because your mind will never believe that.

The effect words and thoughts can have on water was shown in an experiment conducted by Dr Masaru Emoto. You will be amazed when you find out that what you say, and even your thoughts and vibrations can dramatically change the energy of the water around you. We are also 70 percent water. That is why, if you eat when you are angry or irritable, that is the frequency that the water in your food will be charged with. But when you eat peacefully and bless your food, your vibe will automatically change the vibration of your food.

That explains how different people can eat identical food and get different results from it.

"If it was the food, we would all get the same results from it.

It isn't what you eat, it's how you FEEL when you're eating it.
It's not what you say, it's how you FEEL when you say it.
It's not what you do, it's how you FEEL when you do it."

–Abraham Hicks

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SYNCHRONICITY AND SIGNS

CO-INCIDENCES—A WINK FROM THE UNIVERSE

Have you ever had a string of events happen in a way that seemed special, or out of the ordinary?
How about those times when life threw you a surprise and left you with a "Wow, did that really happen?"
This is known as synchronicity. These moments of meaningful coincidences bring an awareness of being on your soul path.
Synchronicity to me is God talking to me, or the universe saying "Hello!".
It happens when you align with the flow of the universe, rather than insisting the universe flow your way. Synchronicity! Oh, what a beautiful word it is. Once you understand the meaning of this word, I promise you will also fall in love with it.

It's just a way in which the universe lets you know that you're in sync with divine timing, so hang in there. The universe speaks in signs. It's we who have to understand its language.

Sometimes, totally unrelated events will occur in a particular pattern with absolutely no planning. If you look at them closely, you will realise it is God's way of communicating with you. The thrill of the experience will make you fall in love with this magical word—synchronicity. Try saying it a couple of times.

There is a lovely feel to it.

I would dedicate my first few synchronicities to one of India's most renowned saints, Sai Baba. I first started noticing these when I was praying to Him for guidance for my daughter's health.

We had gone to Shirdi to pray. Inside the temple, we were waiting in a queue for the *darshan* when my daughter Diara started asking for *boondi ke ladoo*s. Like all five-six-year-olds, she too suddenly craved this Indian *mithai* (sweet) and wanted it right away. We tried to pacify her, asking her to wait till we got back to the hotel we were staying at.

But while still waiting for the *darshan*, we were given the *prasad* being distributed that day, which turned out to be none other than *boondi ka ladoo*!

We were so startled. How was that possible? Even if we assume that *boondi ka ladoo* is the standard *prasad* distributed at the temple every day, we had no way of knowing about it. So, what made a little child who usually asks for chocolates or chips crave the sacred *prasad* being distributed there that day?

So many small events occur every day but we don't pay attention to them. As I am writing this we are going through the countryside of Europe from Prague to Vienna. Suddenly, the radio starts playing the song 'Un-break My Heart' by Toni Braxton.

A floodgate of memories opens up as this was the very song that was our favourite on the radio 20 years ago when I was on a road trip through Europe with my parents, my sister and a dear friend. This was no coincidence. It was a loud and clear message for me to remember and send love to my parents and my friend who are no longer with me in physical form.

This incident of synchronicity occurring just as I was writing a chapter on synchronicity and signs warmed my heart, and I knew the universe is with me on this beautiful journey.

When I decided to write this book, a string of events occurred to give me the confidence as though the universe were giving me its nod of approval.

My solitaire being lost and found around the same time I asked God for a loud and clear answer about my true purpose reaffirmed my confidence.

I experienced how doors open magically when one sets one's mind to something. I had said to myself that once my daughter is healed I will write about the changes in my life as I wanted to share the magical experience with the world. But I was very unsure initially as I had never written before and I had no idea how to go about it. Out of the blue, there appeared on my Instagram page an

advertisement about a free 'super authors' workshop. I saw it as a sign and went for it. It was an amazing step forward.

At the workshop we were guided and told how anyone who wants to write can do it. It was the perfect knowledge and divine guidance I needed to get started and it was absolutely free. Well, this was yet another incident which made me aware of the mysterious ways in which God speaks to us.

Later, during my search for an editor who could work with me from home, I got a call from Indiamart asking me what kind of services I was looking for, and once I told them, they sent me a few numbers. I called and spoke to all of the options I was given but I felt I needed to still keep looking. One of the numbers was Suhana's. She lived about 15 minutes away, and so we decided to meet soon.

I met Suhana, the perfect partner, for editing my book, and now also a dear friend. She has been a very important part of this book. Further, as I had wished, we worked on it from home.

Funnily, when she met me, Suhana said that she wasn't sure how the company got her number. She had let them have only some basic details about her writing services and had no expectations of anything ever coming from it!

This was another 'move' made by synchronicity. To me, the universe sometimes seems like a living entity that plants people and incidents in our lives, so that we are led to the 'perfect' outcome.

> I have come to firmly believe that when you are serving your true purpose in life, and when you open yourself up to receiving the help and guidance you want, your angels are there to guide you in ways you know not of. Signs might appear, messages can pop up, or you may hear what you need to through a friend, a song or maybe even scenes on a favourite television show.

We have all come across situations in life when we have thought of someone and they have called, or we have wanted to meet someone and then bumped into them the same day. At such times, we say, "Oh, what a coincidence!"

We have all experienced these things, and put them aside as 'coincidence', not realising that nothing in this synchronised universe is a coincidence. Everything happens here for a reason.

The earth we live on, the sun, the moon, the stars are all aligned in a perfect way so as to sustain life on earth. Nothing is formed by chance. It is all divinely planned. Whatever we are giving attention to, whatever we are thinking about, is getting manifested in our life every single day.

The universe is responding to our thoughts every day by sending signs—sometimes subtle and sometimes over-the-top ways of telling us what to do next.

> Now if you start paying attention to this synchronicity, you will begin to see the magic happening around you, every day. Observe the miracles taking place every single day in your life, be thankful for them and you shall be blessed with more!

As you start believing and listening to the laws of the universe, you will start understanding the responses you receive from it. Suddenly, life will be smoother and all the things you want will start magically coming to you.

Synchronicity is God's way of saying:

"I am listening to you, and I am giving you what you want". But be careful what you ask for because 'as you shall ask, so shall you receive'. So please ask specifically for whatever it is that you want and then be ready to receive it! And the next time there is a coincidence, take a pause and say, "Thank you God for speaking to me."

There are so many ways in which you will get signs. Maybe, sometimes you spot butterflies hovering around you because butterflies are always attracted to places with good, happy energy. If you begin to see some often, you can be sure that something nice is on its way to you. Feathers falling near you or coins on your path are also signs of joys and abundance coming up.

Many times, when you are stuck, pray for a clear sign to let you know what you should do. If it's one of your lucky days, you might actually spot a hoarding or an ad in the newspaper which says, "Go for it" or "Stop! Don't make this mistake!"

Yes, the universe has a sense of humour and will leave you amused while giving you an answer.

This part of my book was written on a flight on my way back from Bali. I had a beautiful holiday, thanks to some wonderful friends. On the flight, I was watching a movie called *Doctor Strange* which is based on a Marvel superhero who is a renowned surgeon who meets with an accident and cannot perform surgeries anymore. So, when science doesn't work, he tries to heal himself through alternative cures and reaches an unusual spiritual healing centre which tells him that all healing is within his mind and that whatever he believes in his mind to be true, his body will also accept to be true.

I was obviously meant to watch this particular movie on the flight; it wasn't a coincidence. It was synchronicity because my book is actually trying to say the same thing:

What you think, you will achieve;
What you wish for, you will receive...
If you believe in it.

It is synchronicity when what you wish for manifests almost immediately and you are left in awe and wonder, "Did I just make that happen?"

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THE TASTE OF MAGIC

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THE MAGIC OF MANIFESTING

Manifesting—The magic of bringing to life your imagination. It is about finding the right ingredients, mixing and marinating with the right spices and creating a delicious recipe that is relished only by you.

Creative visualisation at work:

"In 2012, I had managed to reach the final round of contestants in an episode of the popular television show Kaun Banega Crorepati (KBC) *but didn't make it to the 'hot seat'. I returned to my small town and everyone who knew me would taunt me by asking how much money I made. Instead of acknowledging that I was the first person from the town to at least make it to the show, they found it more amusing to joke about me.*

I had already been preparing for this for two years. But I began preparing again. Every day I would dream of being on this hot seat, sitting across from you, Sir. Every single day. I imagined myself being here and replying to your questions. Every day I would wake up from that dream, believing it would come true. In my waking hours I would put in all the effort I could to make it happen. I wanted this so desperately.

It took me seven years to come here, and reach this hot seat finally."

These were the words of Yogesh Kumar, a contestant on the show. The son of an Ayurveda practitioner, Yogesh worked as an office boy and dreamt of opening a school for children one day.

Yogesh, whose salary may have been a few thousand rupees each month, took home the well-deserved prize money of Rs. 25 lakhs that day. I admired him for having a dream such as this, for his tenacity and for visualising himself on that hot seat. He kept working towards that visual and did not stop believing that he would get there someday.

This is what creative visualisation is all about—having a dream, steadfastly visualising it and feeling and believing it with so much emotion and passion that the universe serves it to you on a platter.

If we look back a little and remember the national elections in our country, we will recall the strong and provocative statements made against a 'tea seller'

wanting to become the Prime Minister of India. The opposition did not leave a single opportunity to mock him but he was a man on a mission.

Today, Narendra Modi, as Prime Minister of the nation, has proved his detractors wrong. He may have had humble beginnings but he worked his way up for more than 20 years. Even before he became our premier, he had been Chief Minister of Gujarat for 12-and-a-half years.

Today he is one of the most powerful people in the world. How did he reach here? What made a simple tea seller dream of reaching such great heights? Did he imagine himself getting here while he was still a tea seller or did he make a resolution to bring about meaningful change in our country and then take it one step at a time?

I am sure he set no limitations on himself. He saw a vision, a dream for himself which had no boundaries and by taking one step at a time rose to where he is today.

This is manifestation—creating or bringing to life what once was a dream, a thought, an idea in your head. Real life examples like these make you truly believe that anything is possible.

Turning your dream into reality is making visible what was only an invisible inspiration in the mind.

Transforming thoughts into things is basically making your wish come true.

We usually manifest what we think we deserve and not what we wish. If you believe you deserve it, you will receive it. But if you wish for something while believing in your heart that it is impossible or that you don't deserve it, you can never get it.

No one who sets out to do something different ever knows how he's going to do it. You just have to follow your true path, that which your heart most desires.

When you set an intention and think only about what you want with full faith, without giving any attention to all that seems to make it impossible, you will see the doors opening. The magical way in which the universe conspires to give it to you, to manifest what your heart truly desires, is bound to leave you in awe.

Creative visualisation is one of the most powerful tools for manifesting.

Every morning when you wake up or just before you fall asleep at night, try imagining what you want as if it has already happened. It could be a positive outcome to a business meeting or a job interview or the house you've always wished for or even a book that you dream of writing. Create an imaginary film in your head and let it play all day long. Feel every emotion that you would feel as if it is already a part of your reality.

A fantastic book to pick up on this subject is *Creative Visualization* by Shakti Gawain. Full of some of the most helpful and easy exercises, it will have you enthused and charged about manifesting all that you want in life.

Isn't that what our favourite superstar Shahrukh Khan did when he first landed in Mumbai? He had no work, no place to stay and almost no money. But as he stood on the Bandstand and looked at a beautiful heritage mansion that had been vacant for years, he said to himself, "I'm going to live there someday!" Guess where he's been living for so many years now? Naturally, that same beautiful bungalow which he had pointed to on that magical day.

Like they say, the universe responds to vibrations and intentions and when you believe in it with absolute passion, the whole universe conspires to make it happen

"Kehte hain ki ..... Agar kisi cheez ko dil se chaaho to puri kayanat usey tumse milane ki koshish mein lag jaati hai."

–Om Shanti Om

And now, what are you going to visualise today?

The moment you believe and are convinced that you deserve the best, you become an infinite being with unlimited possibilities.

So, stop putting limitations on what you think you deserve. Think big.

Change the way you think.

Quit holding yourself back only because you think that it's all that you are capable of achieving or deserving.

If you were the scriptwriter of your own life, wouldn't you write all kinds of incredible and happy events in your story? Then why aren't you writing that right now? The Creator has given you that gift and you aren't using it to manifest your highest good. Why?

"Expectation is a powerful attractive force because it draws things to you."

–Rhonda Byrne, *The Secret*

We live in a world of complete free will. We can either destroy ourselves or create ourselves—the choice is ours.

We can elevate our frequency and vibration by living through positive thoughts of love, peace, happiness, joy and fulfilment and attract these circumstances into our lives.

The more truthful we are with ourselves about what we truly want, the higher our vibration. And when we elevate our vibration, the thoughts we are thinking begin to synchronise with our reality. And the more we believe in what we say, the more we will create and bring into our lives.

You are the creator of your future, the master of your destiny and you can manifest your desires. You are the magician manifesting the life of your dreams.

Today, if you could manifest anything, what would you truly choose to bring into your life? How dedicated and focused would you be towards your objective if you knew it was possible to make it a reality?

Now ask yourself what is stopping you from manifesting it and how you will overcome the barrier.

If there is a barrier, ask for divine guidance to help you open up new ways. When you ask for guidance from the higher power, the ways that open up are unlimited. Ask questions and then wait for answers.

This is the tool I used when I was confused. I learnt to ask empowering questions which can give you answers in surprising ways. And then, I had to be open to receiving the answers.

When I asked my inner being to give me loud and clear answers to questions like "What is my true life path?", "Is writing this book my purpose in life?", I firmly believed that I would get clarity.

Yes, I got my answer within 48 hours. I lost an expensive piece of jewellery and everyone around me said, "It's impossible to get it back now", and then, two days later, I found it by using these empowering questions and tools of visualisation. This was God's way of saying, "Yes, these work, and now that you have seen it, go and write about it; empower every person you can to use this magic, to help them get rid of their sorrows and helplessness".

That is how potent our intentions can be and this is how quickly the universe can work to give you what you want when you are open to receiving it and

believing in it.

If you believe in this power now, try it for yourself. And if you wish to learn more about how to use it, send me your thoughts in an email and I'd love to help you.

For manifesting to work, the first step is to always focus on what you want—setting an intention without having any doubts regarding how it is going to be possible. You just have to believe, "This is what will bring me joy". Ask for divine guidance from your inner being who always knows what is good for you and then put in your best efforts. Take all the action needed and you shall have only success waiting for you.

But please understand that whatever you desire should not hurt or harm another. It should be for your or someone else's greater good.

If you want something, you should want it so deeply, intensely and desperately that the universe finds a way to give it to you. But, and here's the tricky part, you should leave it to this magnificent universe to deliver the goods to you in its own way and its own time. You have to detach from the outcome and drop all expectations. You can't decide the HOWs, only the WHATs.

That's the balanced state you need to be in for the manifestation to be effortless. Just say 'thank you' and let go.

Never ask or demand for ways in which you want your desire fulfilled. The universe has mysterious ways of making your wishes come true.

Now that you have reached the vibrational level of what you desire, it will automatically be manifested in the best way possible. Whatever happens now, know and believe that God only gives you what is right for you.

The real success to manifestation lies in letting go of the reality that exists, and in already believing in your new reality as being the truth.

"This existence isn't about learning to 'accept' reality... rather, it is remembering your power to create it"!
–Michael Cummings

AFFIRMATION

I MANIFEST
LOVE
TODAY.

I MANIFEST
ABUNDANCE
TODAY.

I ATTRACT
MIRACLES
EVERY SINGLE DAY.

I AM A MAGNET FOR
BLESSINGS.

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A FEW WAYS OF MAKING YOUR LIFE MAGICAL

Like I said, all magic requires some basic steps to be taken. It's like following a baking recipe. If you follow the steps carefully, you get to eat the cake. And here, the ingredients need your 100 percent attention.

So, here are some of the ingredients that I have used to help bring to life what I have wished for. You can use them as well and sprinkle magic dust into your life.

7 STAGES TO MANIFESTATION:

1. Visualise:

Focus on the one thing you want the most. See in your mind's eye what you really want.

Imagine it, create a picture of what you want in your mind, visualise it and dream about it.

When I manifest, I slowly get clarity on the details—the shape, the colour, the way it smells, etc. Adding these details excites me. The idea of it already becoming a reality gives me a tingling sensation.

Imagine that new dress—the colours, the feeling, the touch of fabric against your skin—and soon enough, it will find its way to you.

2. Emotionalise:

Give your desire love; give it as much happy emotion as you can possibly feel because your feeling gives power to the energy of your desire. How will you feel when your wish is fulfilled? Feel it fully. There are no limits on your imagination; even if it seems unbelievable, allow yourself to experience the emotion of its existence.

In your imagination you have already received your wish. Once I start to feel excited or overwhelmed about having what I desire, it feels as if it is within my reach.

If you want rich and moist chocolate cake, you have to put all your heart into whipping the batter and allowing it to fluff up before you set it to bake, don't you?

Someone about to have a baby can begin by imagining how it would feel to hold and hug the child. The overflowing love and gentleness rising within are messages to the universe that you are eager and willing to welcome a child into your world.

3. Believe in it:

Believe it in your heart and mind that it is absolutely possible for you to have what you desire. Tell yourself, "That which gave me this desire is manifesting it for me now".

If you want something, you better be convinced that you're going to get it. Having any doubts is like skipping the baking powder in the cake recipe. It's never going to rise and become the dessert you set out to make.

If you are manifesting your new home, don't let other people's opinions or even the state of your bank balance intimidate you. Just know that you will have it - SOMEHOW! ANYHOW!

4. Accept it:

You must totally accept your new beliefs to be true and have no doubts or fears. Accept that you have the power to manifest your desire. Believe that there are infinite possibilities; anything and everything is possible in your world.

The batter is ready and the oven has to be preheated before you can insert the dish in it. But once you put it in, you have to know that it will turn into the cake you planned.

Similarly, now that you completely believe in the outcome, be prepared for it.

5. Intention:

Focus on it. Your intention should be absolutely clear. It should not be an effort; it should be a focus and a will. All your intentions should be towards fulfilling your wish and not against it.

Remember, in case you change your mind and want something else midway, you are certainly going to send out confusing signals to the universe. You can't start making a truffle and then expect it midway to turn into cheesecake. You will have

to start with fresh ingredients from scratch. Also, if the truffle is already baking in the oven, you might have to eat that too.

6. Action:

Nothing is 'too big' or 'too impossible' for this universe. It's how much effort you put into the process that defines the results.

You have to act in your mind and in your life as if what you want is already in your reality. It may seem inconceivable at first but it's not. Think, talk and act like what you wish for is meant to be yours and already is. Take the necessary actions and focus your energy towards it. Once you begin to think and act in this way, your behaviour and body language will change. As you are doing this, you are already putting yourself on the vibrational level of your desire.

So, if you really want to travel to your dream destination, start looking at airline tickets, hotel options and what to see and do there. Buy a travel bag or start picking out the clothes you want to take with you. Trust this process and take all those physical steps necessary to make it happen.

7. Allowing:

After visualizing what you desire, giving it emotion, believing and accepting it, acting as if you already have it, you are actually becoming the energy that is allowing it to come into your life.

Imagining that the love of your life is with you is the first step, and allowing this person to enter is the most important one. That means, be open to meeting people, going to places and experiencing new things. Sometimes, by just celebrating who you are, you can attract your soulmate without even trying.

Allow him/her to come to you by letting go of 'how' they will come. Remind yourself, "In ways I know not of, God is manifesting my desire, and I am with a wonderful person who is the love of my life".

Don't block the manifestation by being rigid about how you should get something. Let it happen. Stay in the flow of the universe, and let it sync your desire with your reality. Your cake is ready and on its way. All you have to do is relish it!

The universe is asking -
"Show me your new vibrations, and I will show you miracles."

Empowering questions:

Like I shared earlier, you can ask God or the universe to open up ways or shift your vibrations to fulfil your desires.

Asking questions is a powerful tool to opening yourself up to the unlimited ways of receiving and achieving your desires.

These are just a few empowering questions by which you can open up endless possibilities for yourself, because you are allowing God to communicate with you.

1. Questions for happiness and joy:

What will bring true and lasting happiness in my life?
What should I do or be, to live a life so amazing that it exceeds all my expectations?
What can I do or be so that my life is always peaceful and full of joy?

2. Questions for good health:

What steps must I take to resolve this health challenge that I am facing?
What is the perfect path that will lead me to great health and well-being?

3. Questions for finding love:

What steps must I take to attract love and light into my life? What signs do I need to follow to find the love of my life?
What are the ways in which I can give love and be open to receiving love?

4. Questions for raising vibrations:

What vibration can I become so that the world is amazed by me?
How do I raise my vibrations to match the frequency of my desires?
What can I do to become the vibration of love and joy to everyone around me?

5. Questions for earning more money:

What job is perfect for me and will bring me joy and happiness and the income I want?
How can I manifest more money than I can ever imagine?
How do I make more money from multiple sources?

6. Questions for finding true purpose:

What is my true purpose in life?
What have I come into this world to achieve?

What is it that God wants to do through me?
What are the talents, abilities and gifts I have received that I can share with the world?

These are just a few that I have laid out for you but you can formulate your own empowering questions to help you get the answers you want. Keep on asking these questions several times a day until you receive the clarity and the answer you are looking for.

Once you do, start paying attention to the signs, messages and whispers that will answer your questions. Start listening to the voice of God.

This is what empowering questions do. They begin your dialogue with God. When you ask these questions to the divine source, you open up a clear channel of communication through your inner being which knows what you truly desire and what is best for your highest good.

Instead of being in suspense, you are now consciously moving towards your desired destiny. You are now becoming the creator of your destiny.

> The answers that you receive is the guidance from your true power which will bring you happiness and success.

Affirmations:

As you know, you create what you think about all day long. Now start thinking and affirming what you truly want to bring into your reality.

Use one or two at a time to help you achieve what you want.

Chant these like a mantra to make yourself believe them at the subconscious level. By repeating them constantly, you will programme your mind to shift to a different, more positive frequency. These affirmations work every time.

1. My life is happy, joyous, abundant and fulfilled. I celebrate the wonders and blessings I receive every day.
2. Each day of my life is filled with ease, joy, glory and God's grace.
3. I am a beautiful creation of this universe.
4. I am always guided and blessed in everything I do.

5. God, my true parent, loves me, guides me and shows me the way. I am never alone as God is always by my side.
6. This is my life and I am the creator of my own destiny. I create only what is for my highest good.
7. Whatever I need comes to me in divine timing and divine precision.
8. All that I want is coming to me now. All my dreams are coming true.
9. I am inspired to follow my true purpose and I can hear my inner being guide me towards it.
10. I was born to win and succeed. I am doing what I love and I am truly successful in all my endeavours.
11. I am in perfect health. Every cell in my body is filled with God's healing energies. His love and light flow through me endlessly.
12. God gave me this desire and He is my partner in helping me fulfil it.
13. I am a divine limitless being with unlimited potential.
14. Whatever I need to know is revealed to me at the perfect time and I am divinely guided to manifest my desires in ways I know not of.
15. I only choose to see the good in the world and the people around me and only good comes into my life.
16. I am protected by divine energy at all times and I am safe wherever I go.
17. I am always at the right place at the right time.
18. The universe is always conspiring in my favour and I attract amazing opportunities.
19. I am abundant in all areas of my life.
20. Money comes easily to me and multiplies every day.

Pick out the ones that resonate with you and chant them like a mantra many times a day. As you fill your mind up with these positive statements, it will no longer drift towards negativity, and this is how you begin to change your life and create magic.

Vision Board

A vision board is a tool you can use to help you visualise and focus on your goal. When you believe that what you want to manifest already exists on your vision

board, you start feeling good and begin bringing yourself up to the vibration of achieving it.

You don't have to buy costly materials. Just start with some chart paper or a whiteboard, photographs from magazines, coloured pens, and some shimmer and sparkle if that makes you happy.

You can display images of whatever it is you want to be, do or have in your life.

You can add affirmations or just words and display them where they can be viewed all the time.

For example, if you want your dream home, cut out an image of a beautiful house and specify the area where you want it. Write about the rooms or the colours of your curtains.

Whenever you look at it, give it love and feel as if you already have it and see the magic that happens.

I would love for each and every one to try this and then when you do bring it into your reality, I would love to hear about it. Do share your stories!

This is what Lovely Kukreja, an acquaintance, said about her experience:

"I would rather call it magic than experience. I did not even know anything about the law of attraction when I started practicing it unknowingly but dedicatedly. It started with a meeting with my mentor and after the session, he took me to his bookshelf and gave me a couple of books which included Think and Grow Rich *by Napoleon Hill.*

After reading a few chapters, I landed upon how desires can be transmuted into a financial equivalent. I followed the six steps it contained and laid out my desire on the whiteboard fixed on the wall of our storeroom, which was my working office too.

I wrote two of my desires and followed all six steps very carefully. The book had explained that it was important to not just write your desires but also plan towards them. I wrote down a fixed amount that I wished to have by a fixed date and had a complete strategy on how to achieve it.

As I said, I wrote two desires; the second one was to establish my office outside my house. But I did not put efforts here as it was something which needed more money than what I could afford and hope for. Still, I believed in it and mentioned it there. As instructed, I recited the whole plan loudly before I hit the bed and believed in that I would succeed.

I then kept working hard towards my first desire and attained the money I had wished for. I was happy that my desire was fulfilled. It had been more than two months and I moved from my storeroom to my bedroom for a change, leaving the whiteboard behind because the ritual of reading the whole plan aloud was not part of my daily routine anymore.

By this time, I got to know about the law of attraction in detail from the book The Secret*, and I was hoping to try it again very soon. But somewhere my subconscious mind and nature continued to work on my second desire*

Now comes the 'magic' part. One day, out of the blue, the idea of moving to another part of the city came to my mind. I fixed a meeting with an agent the very next day to explore a few properties in the area. I don't

know when this seamless transition—from looking for a residential flat to hunting for an office space—happened. It looks absurd but quite confidently I made an offer and booked it the very next day, having no idea how I was going to arrange for the rest of the money.

The only thing I had was a strong feeling that I was going to get it. Luckily, within a week, money started flowing in as a result of the first desire being fulfilled. New clients and their advances came in, bringing in more than what I had expected. There was also a sanctioned loan from the bank. Now, I was in possession of a new property. It was a happy day.

A few days passed and I went to my storeroom to decide what to bring to my new office. I saw that second desire that I had written down—to have a separate office space outside my home. I was surprised because I had no memory of wishing for it, and it was all planned and executed by nature, and I had just played a role in it. What made it even more magical and shocking was the timing of the execution. The date I had put down was April 31 which doesn't exist as April has 30 days. So, technically that would be May 1, and to my shock, that was the very same day on which I had made the offer for my new office. I kept staring at the board for a while…"

A true life incident like this makes you want to experience the magic for yourself as well.

A while ago, I watched an interview of actor Ranveer Singh on the Simi Garewal show. He spoke of how on one of his birthdays, long before he became a famous actor, his sister made him a cake on which she put cut-outs of actors from popular movies produced by Yash Raj Films as decoration.

Going a step further, she replaced the faces of the actors in the cut-outs with his pictures. Ranveer carefully removed these cut-outs and put them up on his cupboard where he could see them every day. Unknowingly then, he had created a vision board, manifesting his heart's desire.

What dreams and desires would you like to fill your vision board with?

Like you, I too had dreams and desires which I wished to fulfil. And I hoped to find a mentor to guide me through this process. I wished to attend seminars or workshops that could provide me with tools to build the life I wished for. And now that I have arrived in this blissful space, I shall be delighted to share my learnings in ways that go beyond this book. If you wish to empower yourself further, do write to us at deepa@awakenyoursoul.in, and we shall keep you posted about upcoming workshops.

"The universe is saying: Allow me to flow through you unrestricted, and you will see the greatest magic you have ever seen."

–Klaus J. Joehle, author

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IT'S MAGIC

'ABRACADABRA'

The word has been derived from the Hebrew phrase 'Avra Cadabra' meaning, "I will create as I speak".

This magical phrase says it all; it actually summarises my entire book in one sentence.

In his book *The Alchemist*, Paulo Coelho says, "At a certain point in our lives we lose control of what's happening to us, and our lives become controlled by fate. That's the world's greatest lie".

We are the creators of our lives and destinies, so stop giving away your power by blaming destiny, the stars or other people, and start taking responsibility for how your life is turning out to be. We are the creators of our lives every minute of every day. We are all here on earth in human form to experience the physical manifestations of life.

We are all here to serve a purpose. There is a meaning to everything and it is all connected. Finding out your true purpose is the most important thing you can do to fulfil your life here on earth. In this synchronised universe where we are all one, whatever I strive to do or be affects everything around me.

For me, this book has been part of my life's purpose. When I began writing it, I really wanted every single person to feel the magic, use the magic and transform their lives.

I have watched countless videos and read hundreds of stories. I have met people who have had incredible transformations because they believed in themselves. They had so much conviction in their dreams and vision that it didn't matter what anyone else said. Now it is my turn to spread the magic, to nudge people into believing, and pushing them to light that spark.

Deep down, even as I kept believing, I had my own questions. I kept asking myself that if all of us knew the power of this magic, what kind of world would this be? Would people be too nervous to use it? Would people use it for very ordinary stuff that they could acquire anyway? What if someone manifests something harmful and then it boomerangs right back on him/her? After all, the law of karma is always at work.

Then I thought that when people know that they can manifest their most cherished wishes and materialise what is for their highest good, why would they choose otherwise? I needed to share all that I knew and send an intention to the universe that whosoever used this magic would do it only for good.

> "It is we who nourish the universe… and the world we live in becomes better or worse, depending on whether we become better or worse."
>
> –Paulo Coelho, *The Alchemist*

Here's how you can kickstart the magic in your life.

Draw up a list of things that will make you happy and start taking the required actions to reach there.

To have what you want, you have to first KNOW what you want.

If you really want to see a shift in your life, you have to begin by making changes, and by doing so you will set the magic in motion.

If you're unhappy at work, find another job that will make you happy.

If your home feels suffocating, de-clutter.

If your relationship is full of friction, create some space and let it breathe.

If you want to lose weight, go to the gym or buy a dress two sizes smaller as that would make you want to slim down.

If your habits are killing you, for heaven's sake stop! Whatever needs to be done to bring some joy into your life, do it with the power that is within you. You already know what has to be done to bring about the change; now it's time to take the action.

If you don't know what action to take, begin to ask empowering questions and listen to your inner guidance. Follow your intuition, start paying attention to what your heart says and you will be guided perfectly.

What do I need to do so that I can travel to Europe this summer?

What steps should I take to manifest more money in my life?

Who should I speak to so that I get the right advice for my situation?

To find the magic in your life, begin to speak to this universe and to God. Start having a conversation with it. Ask, "What is my true purpose?", "How may I serve my true purpose?"

Feel the response coming to you and pay attention to the signs and synchronicities. Believe in the fact that God or the higher power, the universe, speaks to you in this language, and see the miracles happen. When your life has found its true purpose, and when you find meaning in whatever you are doing in your life, believe me, you will create magic.

Live life allowing your highest good to flow through you and make God your partner in all that you do.

Use the gift of free will to make the right choices that bring peace and joy to you and everyone around you. It is all in your hands and you are the creator of it all.

As you go about doing the things you have to do, don't forget to live, and most importantly, don't forget to live joyfully.

Just for today, say to yourself: "Today I will create magic".

"Today I choose to be peaceful and happy".

You have God in every single cell of your body; awaken that God within you. It's time to awaken your soul. Do what you love and love what you do, and you will have found your soul's true purpose.

I am ending this chapter with the true story of Reema Suri, a media professional, which shows that the magic works when you truly believe in it.

> Once you make a decision, the universe conspires to make it happen!

"'Dream big', 'dream more', 'dreams do come true' are oft-heard phrases which are often ridiculed by practical minds of the world. 'Frivolous!' say many who consider magic to be a fantasy spun by minds which are incapable of accepting reality. They see it as a five-letter word that is nothing but a farce, nothing more than an old wives' tale which even children have stopped believing in.

I too am a sane, educated and well-read working professional who understands logic, practicalities and the ways of the modern world and society. But I believe in exactly everything those of my type are not supposed to.

I truly believe that dreams come true, but only if you want them bad enough. And I believe in 'magic' too, because magic happens for those who know it can be created. And the only thing my logical mind taught me

was to not rely on anyone else to make your dreams come true. It can happen only if you are focused and work hard enough.

I've somehow managed to learn the magic of turning my wants and desires into a positive outcome, by first dreaming, then believing my dream can come true, and then doing all that I can to make it happen.

For instance, after working for two years at a production house, I really wanted to land a job in a prominent TV channel which was barely 15 minutes away from my house and known to be one of the best places to work in.

I started searching for contacts and friends who could help me. I sent my resume for a couple of positions but things did not materialise. A few months went by, but I did not want to give up.

Finally, a friend texted to tell me that my resume had been sent for a position, and within the next week I landed the job in exactly the place I had wanted. It was tailor-made for my profile and perfect in every sense.

But here is where the magic starts. While going through my emails, I chanced upon one I had addressed to the HR department at the company stating that I was willing to accept the offer at a certain salary for a certain role with a month's notice period. This letter was addressed to the HR but mailed to myself as an intention to the universe.

I was at the time getting a salary which was about 50 percent lower. That was when my appraisal happened and my salary was corrected to meet the market standards. Further, my new role gave me an additional increase and I ended up getting nearly double that of my earlier CTC. This was uncannily, and somehow exactly, what I had mentioned in my email to the HR and then sent out to the universe.

The realisation that hit me at that point, after this entire magical event, was that I needed to be patient. The universe needed time to prepare the events that would be in my favour and rushing would not really help! At my end, I had to make sure I didn't give up, or move ahead of my dream. Simultaneously, I had to keep updating myself, bettering my skills and believing. The universe definitely conspires to make all our dreams come true but only for those willing to help themselves.

I have slowly started manifesting my dreams to fruition by working really hard and accepting that no matter how much time it takes, the universe knows what's best for me and won't let me be short-changed.

I might postpone my dreams but I no longer scrap them, because each one of them has a certain birth date. All I can do is conceive them. Each will take the time it needs to develop completely into a healthy baby who will 'be delivered' at the perfect time and give me nothing but joy and contentment.

So, after multiple career changes, ups and downs, successes and failures, happiness and grief, losses and heartbreaks, triumphs and adulation, the only things that have stayed constant with me in my tumultuous journey are my dreams and thus all that life has taught me is to DREAM BIG, MAKE IT A REALITY AND NEVER GIVE UP. I believe in believing because giving up has never been an option for me."

A dream is essentially a vision of your heart's true desire.

So, follow your dreams and you will fulfil your heart's true calling, which is the ultimate joy of life.

Work towards your dreams and life will no longer be work. Soon it will become the life you always dreamed of.

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MAGICAL CHANGES

"Words are… our most inexhaustible source of magic, capable of both influencing injury, and remedying it."

–JK Rowling, Harry Potter and the Deathly Hallows

Little changes you make in your life can go a long way.

Like I said, if you want magic, you have to fill the cauldron, cast your spells, use the incantations and brew miracles.

"Words cast spells and that is why they are called spellings..."

–Anonymous

By this I mean, create your desires, feel them, start using affirmations, vision boards and positive intentions and abracadabra—YOU BRING THEM TO LIFE!

Here are some magic rituals that you can start off with:

1. Wake up 15 minutes early.
2. Meditate or just sit in mindfulness. Spend some time expressing gratitude for all the blessings in your life.
3. Give blessings to everyone who is a part of your life.
4. As soon as you wake up, place an intention that whatever you do today is going to be successful.
5. Be loving and kind to everyone you meet. Everyone is fighting a battle you know nothing of.
6. Do everything in your life with love and peace in your heart. When you do things with love, even anger turns to compassion.
7. Be in the present moment by giving your fullest attention to whatever you are doing. Be here. Be now.

8. Find meaning in all that you do in your life. Follow your heart and you will never go wrong.
9. Most importantly, decide to consciously take care of your mind, body and soul; find the time to nourish them every day.
10. Above all, find your true purpose in life which unleashes THE MAGIC IN YOU.

There are hundreds of little things you can do to add some sparkle and glitter and then witness the same in your life.

Today, when you look at your friends and family, look into their eyes. See the love in the eyes of your loved ones and stop looking at their faults and imperfections.

Today, smile at everyone—the strangers you meet, the people who work for you, your driver, the watchman in your building, the people you work with; see only love in everyone you meet.

Today, as you hug your partner, your kids, your parents, see them as the blessings of your life and say a heartfelt thank you, because you are who you are because of them.

Just for today, stop trying to achieve anything. Enjoy the small wonders that life brings forth.

Be generous and ask, "How may I give?"

A giving heart is an open heart, so give, give and give today. Give abundantly, give lovingly and give happily, and God gives you back lovingly, happily and abundantly.

The magic is always there; you just have to be open to receiving it. So, open your heart to receiving the magic.

Be kind for no reason. Help without expecting anything in return. Forgive others for your own peace. Let go of resentment and all restrictions. Make space for the magic of life and say:

I am ready to receive my magical life.
And so, let the magic begin···

They say: There's magic in the air, and magic is everywhere…
It's about you learning to see and believe
And once you do that, you begin the enchanting journey of finding
the magic in you.

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THE DAY THE UNIVERSE CONSPIRED TO FULFIL MY BIGGEST DREAM...

Destined to meet...

When you allow God to plan for you, it is always better!

Trust me! I've experienced this 'magic'.

Once upon a time, not very long ago, I decided to write a book. Yes, it was only a dream, a very ambitious dream. I never thought I could be a writer. But when the universe wants you to do something, when something is your soul's purpose and when you get your desire from none other than God Himself (a higher calling), you have no choice but to go for it. The skies open up, the blessings shower upon you and you are left bewildered!

And thus began my journey of writing this book. I had no clue about how it would happen, whether I would be able to complete it or what reaction I would get from my family and friends. I just knew I had to do it. An inner voice kept urging me to do it. I kept the faith and the 'magic' began to unfold!

It took me about a year and a half to finish writing the book. I had some excellent help from my copy editors, Geetha Balsara and Suhana Bhatia, who helped me to beautifully convert my thoughts into words. So, with these angels by my side, I was able to put my dream on paper and pour my heart into making *The Magic in You* come true.

Once the book was completed, I had a new dream. A new desire was planted in me. In the book I have written about Bollywood celebrities like Salman Khan, Shahrukh Khan, Amitabh Bachchan, Ranveer Singh and a few more.

I have written about how their faith and belief in themselves inspired them. Their simple, confident affirmations compelled the universe to conspire and bring to fruition their dreams. Their motivational success stories found their way into my book and I now wished for their reviews to be a part of my book.

I realised that this was a lot to ask from God. After all, they were all A-list stars and getting them to just read my book, let alone write for it, was like wishing for the stars.

I truly believed that this divinely guided book gave me this desire and that it would take care of fulfilling my wishes in its own perfect time.

So, I focused my energies on getting the cover page designed and went ahead and got a few copies printed. On the evening of 16 May 2018, my dream, my book *The Magic in You* became a reality, and I was holding it in my hands.

I could not believe it. By the grace of God this divine knowledge and wisdom that he had shared with me was now visible for all to see.

It had been simply an idea, a thought, a burning desire and now it was in my hands... the book had come to life. The joy in my heart and the gratitude I felt towards this magical universe for helping me fulfil this desire was so great that I had tears in my eyes.

I now knew that nothing is impossible to achieve in this universe. When you set your heart on something and you make God your partner, everything is possible.

I wanted to scream from the top of the world. I wanted to say, "Close your eyes and create magic, believe in it and watch it come to life". I wanted every soul on this earth to know this truth and feel the joy that I was experiencing. I could not wait to share the 'magic' with the world!

I decided to share the first copies of the book with my friends and family for their views and opinions. I couldn't wait anymore, so I visited my parents-in-law, my sister and my friends the next day to distribute copies. I cannot forget the pride and joy I felt at their loving reactions and blessings. I felt a great sense of fulfilment.

My heart was overflowing with happiness and gratitude. I thought this was the ultimate experience. But, God had a huge surprise in store for me!

Now all through the journey of my book, I had one ardent wish. It was something that I truly wanted with all my heart, and I kept affirming that it will happen.

My wish was that once my book was done, I would personally give it to none other than my favourite actor, Salman Khan! Invariably, my editor always gave me a look that said, 'but why him'?

I am a huge fan of his, not only because he is a superstar, but also because he is a soul who connects to people's hearts. I have always felt that he genuinely wants every soul to be happy and he does whatever is in his power to help people in need, always secure in the knowledge that God takes care of him and it is his duty to take care of those who need it. He creates a sense of unity between Hindus and Muslims. His family celebrates Ganesh Chaturthi with as much fervour as they celebrate Eid. He comes across as a person who knows in his heart that we are all one and is not afraid to show it. He believes everyone can and should be able to achieve their dreams. His generosity towards the needy is an act acknowledged by all.

And yes, he may not be perfect. He has made his share of mistakes and has had his fair share of ups and downs, but he still reigns as the 'Bhai' of Bollywood.

So, to come back to my wild, crazy and seemingly impossible dream of giving the book to Salman Khan...

On the night of Saturday, 19 May, only three days after I got the first copies in my hand, I was living my dream.

Yes, unbelievable but true!

I was in actor Salman Khan's house giving the book *The Magic in You* to Salman Khan with my own hands. There I was, standing in his living room, telling him the things I had written about him and what my book was about. And he was actually listening to me intently and responding. Yes, I had dared to dream this moment, but how it unfolded was something beyond my dreams!

We were at his home for a few hours listening to him relate stories of his life. I asked questions which I had wondered about, questions I never imagined I would be asking him directly. Salman Khan personally fixed us drinks and we just wanted to pinch ourselves and ask if this was a dream or reality!

Today this magical universe taught me something new again, which is that you should always believe in magic and miracles and that when your heart is in your dreams no request is too extreme. For this magical universe to work for you, all you have to do is believe in the magic.

This was just one of the many magical things to have happened to me in 2018. I had wished for a dream house. And guess what? Soon, we will be moving into one!

I had sent out a desire to meet my inspiration, Abraham Hicks. Well, I just happened to be in the US during one of the workshops and ended up attending it

in June 2018. And in January 2020, I was blessed to experience one of the most joyful weeks of my life attending the Higher Love Seminar by Dr Joe Dispenza.

So, come on, make a wish today, follow your heart, listen to the guidance you receive and see the magic unfold. If the universe could make all of this happen for me in no time, perhaps it's your turn next. All you have to do is, 'Awaken the Magic in You!'

So, what do you dare to dream today?

FEELING HIGHER LOVE

Having read Dr Joe Dispenza's books and watched innumerable videos, I knew I was going to be thrilled to see him in person.

Over the years I have learnt from his work, been inspired by it and have also been healed by it. But nothing had prepared me for the mystical experience that was in store for me that week in Dubai where I experienced 'Higher Love' with none other than Dr Joe Dispenza.

Since I began my magical journey a decade ago, I have experienced miracles, synchronicities and realisations of dreams, but never had I experienced a 'Date with the Divine'.

On the first evening of the seminar, Dr Dispenza spoke about the brain and heart coherence (when your mind and heart are in sync), and it was like finding the missing piece of the puzzle.

After the countless hours of meditation that we did during the week, I felt exhilarated. Meditating while walking was a first for me and the experience is imprinted on my mind as perhaps one of the highest emotions of 'joy' I have ever felt. It is something I shall never forget. Even now when I think back, I can feel my energy rising. I felt like I could do anything, that I could achieve anything. As I am writing these words now, I can feel the joy I felt then.

His patience and dedication, and the passion and love with which he explains things simply made me fall in love with him, his work and his methods. There were 1,400 of us at the workshop and our hearts were bursting with love. Irrespective of what was going on in our individual lives at the time, we were all overflowing with joy and gratitude. I was reminded that this is how life should be lived. This is what I wish to achieve more than anything else today, for myself and everyone around me.

I just wanted to hug him and thank him with all my heart for the 'Higher Love' he made me feel. I simply put Dr Dispenza in my 'mind movie', and with a lot of love, and a firm intention, I said to myself, "I am not leaving until I get my hug". And lo and behold, on the sixth day, just as I was about to start my meditation in the desert, there he was, standing right in front of me! The universe had brought him to me. Words cannot describe the immense gratitude I felt.

I was so blessed to be present with him in the same room that entire week. Even though my manuscript was already with the publisher, I simply had to add this beautiful experience in my book.

And now, every time I hear his voice during the audio meditations, I am overjoyed. Each time I think back to the experience, I want to relive it.

My Vedanta teacher, Brahmachari Yukt Chaitanya from Chinmaya Mission, and Dr Joe have both inspired me to spread the 'magic' to as many souls as possible. My workshops for children, titled "Transforming Magically with AYS", are dedicated to empowering kids to become creators of their own destiny so that they can lead lives filled with love and joy. They are the future of our world, and if we can teach them the 'Magic', very soon we will be living in a magical world.

Thank you, Dr Dispenza, for a mystical week.

Until we meet again,

Deepa Rajani

ABOUT THE AUTHOR

Deepa Rajani is a jewellery designer, a homemaker and a mother to two lovely daughters. She is a passionate and determined woman who is always open to learning new things.

When life brought strange health issues to her door, she turned to books for solutions. Her perseverance and faith in their teachings made her realise that the root cause of her ill-health lay in her thoughts! Thus began her journey of healing herself by implementing the changes suggested in the books. The results were miraculous.

This experience was akin to an awakening for Deepa. It gave her a new perspective on life, relationships and even her own self! This powerful shift propelled her to begin writing so that the benefits of her own learnings could touch the lives of others.

She hopes this effort goes a long way and that every reader who identifies with her writing in turn passes on the magic to others. You may write to her at deepa@awakenyoursoul.in.

ARE YOU A MONEY MAGNET?

HOW DO YOU REACT TO ADVERSITIES?

DO YOU FEEL SOME PEOPLE ARE LUCKIER THAN YOU?

Some of us believe that our fates are written in our stars—predestined and unchangeable. But it is possible to take charge of our own lives. For years, experts have been talking about the power of the human mind—helping us realize the boundless energy that lies untapped, until we set it free.

You only have to believe!

This book will not have all the answers to your problems, nor is it a guide to lead you to some "promised land". But it will awaken the unlimited power within you, a resource you can access anytime. With this power, you can shape your future. Within these pages you will learn to craft your own success story with the help of anecdotes from the author's own life and those around her, and also to navigate difficult situations with ease. This is a book to remind you of something very important: *The Magic in You!*

DEEPA RAJANI is a mother to two lovely daughters and an entrepreneur. A few roller-coaster life challenges compelled her to journey inwards, leading her to discover books, mentors and alternative healing. This journey also triggered her to pen her first book, *The Magic in You.*

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